41 K.16.37

THE MARROVV OF PHYSICKE.

Or a Learned Diſcourſe of the ſeverall parts of Mans Body.

BEING A

MEDICAMENTARY

Teaching the maner and way of making and compounding all ſuch Oyles, Unguents, Sirrups, Cataplaſms, Waters, Powders, Emplaiſters, Pills, &c. as ſhall be uſefull and neceſſary in any private Houſe, with little labour, ſmall coſt, and in ſhort time.

And alſo an Addition of divers experimented Medicines, which may ſerve againſt any diſeaſe that ſhall happen to the Body.

Together with ſome rare Receipts for Beauties, and the neweſt and beſt way of Preſerving and Conſerving: with divers other ſecrets never before publiſhed.

Collected and experimented by the induſtry of *T. B. Gent.* Practitioner in Phyſicke and Chyrurgery.

LONDON,

Printed by *T. H.* and *M. H.* and are to be ſold by *Thomas Whittaker*, at the Kings Armes in *Pauls* Church-yard.

M. DC. XLVIII.

K.10.37

25:11

To the Honourable and singularly vertuous,

Mris MARGARET EVRE,

The Authour consecrateth these his Labours.

Honourable Mistrisse:

IT hath ever been a custome in dedicating labours to great Personages, to present such matter as may seeme (as it were) in affinity with the mind to whom it is offered, fitting it as Comicke Poets do their enterludes, to make them be plausibly heard of the whole audito-

ry, and herein have I strived to shape my subject to the affection of so Honorable a Patroness, as your self, to whom I dedicate this rude peece; which I could have wished might have been undertaken by a more able workman, that our nation might not be deprived of that commodity, which other countries surfeit of; and I was the more encouraged in this resolve, that I might shew my gratitude to your self, whose many favours (though I come far short of deserving) yet I have alwaies been ambitious, in endeavouring to expresse an acknowledgement. And though I cannot come in so full a current as my desires would offer, yet such as my murmuring streams produce, I here present; resolving to expose this infant to the light of your judgement to be tried; & not hold him for legitimate till you approve him. Vouchsafe therefore to shroud under your protection this unpolisht worke, which I offer not as a present whereby I pretend to oblige you, but as a homage I owe you, whereby to acquit my self of the first act of veneration; as for me I find in your favour all I seek for, and having you on my side, I care not what malicious envy can do; having once your testimony, I can easily slight her calumnies; and though all her tongues were joyned together, yet can she say nothing against me, having

ving your Honorable approbation : to whom I protest so much respect, as that I may say without flattery, (complements being below the dignity of your stile) that you want much of that I wish you, if you want any thing of absolute felicity. And therefore the marks I herein cheifly aimed at, was not any vain hope of praise to my selfe (which how little I hereby deserve I am not so weake but to perceive) but to leave a testimony to my Country how much I desire her benefit, and to your self how much I am bound to remain

Mistrisse

Yours in all dutifull observance,

THO. BRUGIS.

THE
Preface to the Reader.

Gentle Reader,

THE chiefeſt thing that induced me to publiſh theſe collections, was (beſides the earneſt intreaty of divers intimate friends) a principall aime at my countries good: and theſe I have the rather adventured to divulge, becauſe there are contained many receits by me daily practiſed (and therefore need no *Probatum* to be annexed) with divers varieties not publiſhed by any heretofore, which I hope will be to the great benefit, of all ſuch as ſhall have occaſion to practiſe any thing heerin contained; where I ſtrive not to ſet forth an eloquent and lofty ſtile (as if it were ſome fancy delighting hiſtory) but a plaine way to helpe the poorer ſort; Seeing therefore that I here produce

produce a thing serious, and for the generall good; I hope the Readers hereof will vouchsafe me such countenance, as is usuall in serious weights, and most necessary occasions: some men perhaps will thinke that nothing good or secret will be put in Print, because these kinde of bookes are very difficult to be published in English; others againe knowing such things, would be loath to publish them and make the secrets of their science common, but I am rather of the Grecians minds, who once a yeare writ in the Temple of *Æsculapius* all the cures they had performed, and by what remedies; and I think with *Aristotle*, that a good thing is the better, the more common it is; and as *Cicero* saith we are not borne to our selves, nor should we have regard to our owne particular profit, in keeping the secrets of Physick so close; for a great number of people perish for want of meanes to procure the advise of a Physitian; when perhaps with a little instructions, they might have cured themselves; but we are to consider the generall good, and commodity of our country, and commonwealth; for in Italy, France, and other countries, scarce any Physitian

but

but hath publiſhed ſome booke in his mother tongue, and rather then in any other language.

In this booke I have for thy better inſtruction firſt collected a ſhort introduction to lead thee into the method, & courſe that thou oughteſt to obſerve; next I have ſhewed the manner of making and compounding all ſuch medicaments (as will be uſefull in a private houſe) with the nature and vertue of every receipt, which thoſe that have formerly publiſhed ſome of theſe have failed to do: here alſo are inſerted divers ſecrets for Beauties, ſuch as have never before been publiſhed; next I have added a brieſe way of conſerving and preſerving, which by the Grace of God, I ſhall inlarge in the next impreſſion; and laſtly I have added all ſuch medicines, as cannot be juſtly brought into the number of oiles, Vnguents, Plaiſters, Poultiſſes, Waters, Powders, &c. And that I call a Miſcellanea or Hotchpotch, neither needeſt thou to marvaile, becauſe I have beene more curious in preſcribing the ſundry curations of diſeaſes, then in unfolding the nature of them: for if my booke come amongſt the il-

literate, let me make it the best waies that can be deviſed, yet it will not ſuffice, and the learned will not be content were it never ſo big: therefore I ſtrive by diverſity of medicines to fit every complexion, and make every man cunning in his owne conſtitution, and to know ſo much as will cure many ordinary and common diſeaſes; which often faſten upon the ignorant, and to chaſe away a malady that hath caught hold on their bodies; for a Phyſition is not alwaies at hand, nor Apothecary ever to be had, whereby many have periſhed; but a little knowledge may prevaile in the beginning of an infirmity; as for ſuch things as are very chargeable to be made unleſſe a great quantity be compounded, I thinke it will be better to ſtore thy ſelf at the Apothecaries.

I will not ſtand to amplifie my ſelfe becauſe all that I ſeek in this book is to eſchew prolixity; and becauſe herein I would not willingly exceed the bounds of a preface making the porch bigger then the houſe; the world daily produceth a ſort of cri icks, that rather will carp at a fault, then amend it, and regard more the

letter

letter then the Authours intent, which indeed were lets ſufficient to have ſtaied me from publiſhing any thing, had not the reaſons aforeſaid mightily importuned me hereto: for he that ſets forth any thing to the world muſt frame and faſhion it juſt as *Solon* did his laws; frame them rather to the content, and willing obſervation of the vulgar, then to the rule of equity, and more to ſatisfie the opinions, and fantaſies of men, then to ſerve the time.

For my owne part I have not heerby ſought any vaine glory, and praiſe, by ſhewing the manner of compounding, and the nature of medicines, which I have done more faithfully, and more amply, then ever any hath done heertofore in Engliſh; and this is comfort ſufficient to me, though the world yield me not their approbation, that I have done ſomething whereby others may reape profit. And if my book chance to come under the cenſure of the learned, all I demand is, that if they cannot afford it their good wills and words, let them in like manner adventure themſelves to be judged by others as I have heer done: and thus

Reader I end, only craving thy favourable acceptation: which will encourage me, if not to hazard the like again, yet at least to amplifie and enlarge the next impression heerof; and also to consecrate all my studies only to thy commodity.

T. B.

A Catalogue of ſuch Authours, whoſe helpe I have uſed in this worke.

Albertus magnus.
Ariſtoteles.
Arnoldus de villa noua.
Auicen.
Ælius.
Bartholomeus.
Baniſter.
Baptiſta porta.
Bodinus.
Bayrus.
Cardanus.
Ca. Celſus.
Clemens Alexandrinus.
Cornelius Agrippa.
Dodoneus.
Fallopius.
Fernelius.
Fuchius.
Galenus.
Guydo.
Hippocrates.
Ieſus filius Sirach.
Ioel.

Iohannis Lebet.
Iohannitius.
Iohannis Vigo.
Meſue.
Parreus.
Paracelſus.
Petrus Low.
Philip Barrow.
Ptolomeus.
Raſis.
Reolanus.
Trallianus.
Weckerus.

And divers old Manuſcripts, both Greeke, Latin, and Engliſh, of ſundry approved Authours, for Iudgement and Practice.

THE

Hunc Librum perlegi, in quo nihil invenio Med. Arti contrarium.

IOHANNES FRIER.

19. *May* 1640.

Imprimatur. IO: HANSLEY.

The Marrow of Physick.

THE most glorious and great Workeman, who excels all Wisedome, and is beyond all understanding, the most potent, wise, and mercifull Father, who is the uniter of all creatures, and by whom they have their being, who is the most potent and most excellent, being before all things, and having no need of any thing, but being sufficient in himself, and remaining in the most unsearchable closet of his Divinity, and out of his aboundant goodnesse willing to bring foorth things thought and determined on from all Eternity, did in the beginning create a certain essence of things, being, as it were, scarce fashioned into any shape, which by some is called the fountain or head from whence all other things flowed; by others, an empty plot of earth, producing nothing at all; by others, a Chaos; by some the mother of the world, the foundation of nature; but certainly the first he created was four Simples, which

are the four Elements of one and the same essence or matter, but of divers formes or qualities; and these, as I will shew hereafter more at large, are called Fire, Water, Earth, and Aire; and out of these he created all the rest that now are, both the things that are above, and also those beneath us: and that for this reason, because the creatures intended to be made, might be extracted from a certaine root, whereby they might multiply and increase in the world. Therefore first of all God created the four elements, out of which he afterwards created what he pleased: to wit, divers natures as the elements are divers: for if the elements had been made all of one nature, then had all creatures been so likewise. Now of this first matter he created the Angels, which he made only of Fire, not of firm substantiall fire, for then it must have been necessary that they had eaten, drank, and slept; but he made them of the most purest and thinnest part of pure, thin, and simple fire: and therfore they neither eat, drink, nor sleep. God created the Sun, Moon, and Stars of two elements, Aire, and Fire: and therefore are the Angels more bright, then either the Sun, Moon, or Stars, because they are created of one and that the most rare element; the other of Fire and Aire compounded.

God made the Heaven of Water and Aire, so it is compounded of one rare or light element, that is Aire, and of another heavy, that is Water: but he created the Fowls and brute Beasts of three elements, and also the Vegitables, that is to say, of Aire, Water, and Earth: certain are of the Earth and Aire; others of Fire, Aire, and Earth; of the last are the Fowls, and all things wherein remaineth a spirit; of the first are the vegetables, but

all

all bruit Beaſts are of Earth, Aire and Fire, but the Vegetables of Earth, Water, and Aire, and they likewiſe partake of a kind of thin Fire, brought in with the Aire; and therfore when we ſay that Fire is in the Vegetables, we mean that thin fire that being in the aire is carried by it and with it into them.

God made Man of the four elements, as the moſt excellent peece of all his workmanſhip: he made him according to his own image naturally, according to his ſimilitude ſpiritually; and from hence the Ancients gathered, that there were four worlds: the firſt whereof was *ultra mundanum*, which the Divines call Angelical, and the Philoſophers Intellectuall: The next was, the Celeſtiall: The third, the Sublunar, which we inhabit: The laſt was Man, in whom all the reſt were found: whereto the Schoolmen alluding, call Man the *Microcoſmos*, or leſſer World, in whom there is a mixture of the four elements; a ſpirit celeſtiall, a vegetable ſoul, and the ſence and reaſon of brute beaſts, an angelicall minde, and finally the whole ſimilitude of God. Now as God hath made Man in this excellency, ſo he hath ſubjected all theſe things under him, and ſo fitted them to his uſe, that there is no diſeaſe can happen to our bodies, whereto the earth brings not forth a convenient medicine; and from hence ſprung the originall of Phyſick, whereof divers have attained to ſuch excellency, as that they have been worſhipped for Gods: therefore for the further inſtructing of thoſe that ſhall practice any of theſe my experiments, I have thought it convenient to publiſh ſuch notes as I have in my Studies gathered from the beſt Authours that have written concerning the laudable Science of Phyſicke, and the Practice

thereof, which shall serve as a compendious Introduction to my Booke.

Physick defined.

Hippocrates called physicke an addition, and a substraction: an addition of things necessary, and a substraction or taking away of the superfluous. Wherein he includes two principall offices of a Physitian, for a disease proceeds either from too much emptinesse, or from too much fulnesse. The first whereof is cured by adding what is wanting, and the latter by taking away that which exceedes.

Galen calls physicke a science of the healthfull, unhealthfull, and neuters, which are neither well, nor can properly be said to be sicke: and this is made good three waies; as the body, as the cause, and as the signe; that body is counted healthfull that enjoyes his perfect health, that cause is healthfull that procures health and is the meanes of preserving it. The healthfull signe doth show or indicate the present health; the unhealthfull body is affected with a disease, which is generated by an unhealthfull cause, and the manner and greatnesse of the griefe is showne by the unhealthfull signe: a body is said to be neither healthfull nor sicke, when it is as it were declining and cannot be said to be perfectly well, nor altogether sicke.

But the more vulgar and common definition of physicke is this; Physicke is an art which preserves health in the sound, and restores it to the sicke, and preserves the neuters that are neither well nor sicke; and from hence it is said to be an art of things naturall; not naturall, and against nature, the former were according to the theory, these are according to the practique.

Things naturall doe agree with our nature, and are those

those things whereof our body is compacted and made, and are in number seven, *viz.* Elements, Temperaments, Humours, Members, Faculties, Operations, and Spirits. Things not naturall are those meane and indifferent things whereby the body is preserved in health, and are six in number: Aire, Meate and Drinke, Sleepe and Watching, Labour and Rest, Fulnesse and Emptinesse, or repletion and inanition, and perturbations of the minde. Things against nature are those that doe destroy our health, and are of three sorts: A Disease, the cause of a Disease, and a Symptome. Hereby you may understand the two parts, of Physicke; Theoricke, and Practique; and by the Theoricke know every disease and the quality thereof; and by the Practique to preserve health and cure a disease, by the due administration of things not naturall, and by removing of those that are against nature.

Things naturall, and which properly belong to the constitution of our body are (as I said before) in number seven:

Elements.		Sex.
Temperaments.		Colour.
Humours.	whereto are	Composure.
Members.	annexed.	Time or season.
Faculties.		Region.
Actions.		Vocation of
Spirits.		life.

CHAPTER I.

Of Elements.

An Element what it is.

AN Element is the moſt leaſt, and ſimple portion whereof any thing is made, and in the deſtruction thereof is laſtly reſolved; which to ſay plainely, the foure firſt and ſimple bodies which accommodate and ſubject themſelves to the generation of all manner of things, be the mixture perfect or imperfect. Thus *Ariſtotle* called the Heaven an Element, counting five parts of the world, Heaven, Fire, Aire, Water, and Earth. Of Elements we reckon foure, whereof two are groſſe and heavy, and move downewards, as Earth and Water; and two are light, and ſtrive upwards, as Fire and Aire. Earth is a ſimple body whoſe naturall place is the center of the univerſe, in which it naturally remaines ſolid, and ſtill round as an apple, in the middle whereof (as the antient Philoſopher writes) is the pit of hell, like as the blacke kernels lyeth in the midſt of the apple, and at the day of doome when all things ſhal be renewed, then ſhall this Element be made a thouſand fold more tranſparent and brighter then the Chriſtall or any pretious Stone, that they that are in the bitter paines of hell (to their encreaſe of torment) ſhall through it behold the bliſfull joyes of heaven, which will be more paine to them then all the torments of hell. Earth is of nature cold and dry.

Water is alſo a ſimple body whoſe naturall place is

to

to compas the earth; it is light in respect of the earth, but heavie in respect of the fire and aire: therefore *Rodanus* saith, that the earth holds the lowest part, because of it's heavinesse, and the fire because it is absolutly light, hath the highest place: the aire and water because they are, as it were, equally heavie or light, have the middle place: water being heavier then the ayre, lighter then the earth: the nature of water is cold and moist.

Aire is a simple body, whose naturall place is above the Water, and under the Fire, and is by nature hot and moist.

Fire is also a simple body, whose naturall place is above all the elementary parts, because it is a hollow superficies of the Heavens, and by its absolute lightnesse, striveth upward even to Heaven: its nature is hot & dry; these are so contrary in nature, that they cannot be joined without a meane, which is a temperament which fals out next to be treated of.

CHAP. II.

Of Temperaments.

A Temperament therefore is a concord or mixture of the former disagreeing elements, or a mixture of hot, cold, moist, and drie. *What is a Temperament.*

Of these temperamen's which are in number nine, eight are called distemperate, and one temperate.

The temperate is also devided either to temperature of

of weight or temperature of juſtice, but we call it not a temperature to weight wherein the elements are mingled by a like heape or weight, but where it is exquiſitely made temperate by the equall mixture of the foure firſt qualities, wherein no quality exceeds, but wherein all equality is included, and that as if it were put in a ballance it drawes downe neither to this nor that parte.

Secundum juſtitiam. A temperament to juſtice is that which is conveniently temperate to the vſe that nature hath appointed and deſtinated it, therefore all thoſe things that have taken from nature a mixture of the elements (though unequall, yet agreeable to motion and uſe) are called temperaments *ſecundum juſtitiam*, as if wee ſee any living creature that performes the functions of nature aptly and as is ought to doe, we ſay he hath a temperament *ſecundum juſtitiam*, according to juſtice.

The diſtemperate temperament is double, ſimple and compound; the ſimple wherin one only quality exceeds the other two contemperate, as hot, cold, moiſt, dry, hot in which the heate hath the dominion over the cold (the moiſt and drie, being temperate) cold, in which the cold excels the heate (the other two being temperate.)

The compound in which two qualities exceed, and this is hot, and moiſt, or hot and drie, cold and moiſt or cold and drie; for the firſt qualities may be joyned within themſelves ſix manner of waies, but heate cannot be joyned with cold, nor moiſture with drineſſe, becauſe they are in themſelves contrary, neither can they remaine together in one ſubject.

Heere may be added the temperatures of the ſeaſons

of

of the yeere, which are four; Spring, Summer, Autumn, and Winter, and are in nature hot, cold, moist, and drie.

Spring. The Spring is the most temperate, as being neither too cold and moist, as the Winter, nor too hot and dry, as the Summer: from hence *Hippocrates* cals the Spring the most healthfullest time of the yeere, and lesse subject to dangerous diseases, then any other season; for it never breeds any disease, but onely produces such as have been breeding in the body all the Winter precedent.

Summer. Summer is hot and drie, and a breeder of cholericke diseases, which proceed from too much bloud, generated in the Spring, and now become adust, and these diseases are for the most part speedy in running their course.

Autumne. The Autumn is very unequall, for when it is drie it hath great inequality of heat and cold; the mornings and evenings being very cold, and the noondaies exceeding hot, whereby many long and dangerous diseases are ingendred.

Winter. The Winter is cold and moist of temper; it excites naturall heat and appetite, and augments phlegme. After this maner are we to consider the ages of man which are agreeable to the four quarters of the yeere.

Of Ages.

What an age is. AN Age is the space of life, in which the constitution of our bodies of its selfe doth encrease, stand, decrease, and utterly decline, whose whole course hath five ages or speciall mutations. The first whereof is

Infancy. Infancy, which is hot and moist, and lasteth from the first houre of the birth untill the eighteenth year of age, and is governed by the Moone; and this the age wherein the body by reason of the moisture continually groweth and encreaseth, and is subject to Feavours, Fluxes, Wormes in the belly, Stone, Apostumes, and divers other diseases.

Youth. Youth is temperate, in which there is augmentation neither of heate, drinesse nor cold: in this age the voice beginneth to grow great in men, and the paps encrease in women, and this lasteth untill the five and twentieth yeare.

Mans estate. The next is mans estate, which is hot and drie, in which moisture cannot be said to augment nor diminish, but the body remaines according to the course of nature: it lasteth not above the thirty fifth or fortieth yeare, this age is subject to hot agues, feavers, frenzies, and sundry other maladies, it is governed by *Venus*, and is named by *Aristot.* the beautifull age.

1 Parte of old age. The fourth is the decreasing or declining age, which is by some devided into three, but (by most of our latest writers) onely into two; the first whereof is to the forty ninth or fiftieth yeare, and is cold and drie, in which the moisture is diminished without any manifest debility of the strength, so that they are able to undergoe divers affaires, and are prudent, wise, and fit to governe commonwelths, for this age is governed by *Jupiter*.

2 Parte of old age. The secõd part of old age, and which stands for the fift part is called, the decrepit age; & is cold and dry, because the *humidum radicale*, the radicall moisture is decayed: it is governed by *Saturne* and is subject to Epilepsie, lithargie, numnesse and the like: this age hath no distinct period,

period, but ends yeares and life together, and is called the end of age and life, wherein the memorie and ſenſes decay, the judgement faileth, and they are as it were infants againe.

But we cannot meaſure theſe ages by certaine proportion of yeares, becauſe divers ſeeme older at forty, then others at threeſcore or threeſcore and tenne.

And now becauſe theſe ages are governed and altered by the influence of the planets, therefore I will breifely ſhew you the natures of them, and firſt the natures of the twelue ſignes, of the Zodiacke, whereby mans body is governed, and with whom the 7 planets worke by influence.

There are foure triplicities of ſignes, three of the water *Cancer*, *Scorpio*, *Piſces*; three of the earth, *Taurus*, *Capricorne*, *Virgo*; three of the fire, as *Aries*, *Leo*, *Sagittarius*; and three of the aire, as *Gemini*, *Libra*, *Aquarius*; to theſe are agreeable the ſeaven planets in their qualities and working, in the ſeverall ages of mans life: *Iupiter* and *Venus* are good planets: *Saturne* and *Mars* evill: *Sol* and *Luna* indifferent: *Mercury* is good with the good, and evill with the evill: and theſe ſeaven ſuperior planets do worke by influence with the ſeaven celeſtiall ſignes in the bodies of all living creatures, and are agreeable with the foure elements, and the foure parts of the world, as before I ſhewed you, which for the better underſtanding I will thus devide:

Cancer	are of the	*Aries*	are of the
Scorpio	nature of	*Leo*	nature of
Pisces	water	*Sagittarius*	fire.
Gemini	are of the	*Taurus*	are of the
Libra	nature of	*Capricornus*	nature of
Aquarius	the aire	*Virgo*	the earth.

And these twelve signes are again devided into three quaternions, or three fours of different qualitie, in this sort and diversity of nature: *viz.* four are moveable, four are fixt, and four are called common signes.

Aries	are moveable	*Taurus*	are fixt	*Gemini*	are common signes.
Cancer		*Leo*		*Virgo*	
Libra		*Scorpio*		*Sagittarius*	
Capricorne		*Aquarius*		*Pisces*	

Some of these are Orientall of the East, and some are Occidentall of the West, some are Meridionall of the South, and some are Septentrionall of the North.

These twelve signes are also agreeable to the foure cardinall winds, and some are of the day, and some of the night, & some are masculine, and some are feminine.

East	South	West	North
Aries	*Taurus*	*Gemini*	*Cancer*
Leo	*Virgo*	*Libra*	*Scorpio*
Sagitt.	*Capricor.*	*Aquarius*	*Pisces*
Fiery.	Earthly.	Airie.	Watry.

But note, that these are not proper beasts, as they are named, but named and likened to such beasts, by way of Philosophy,

ſophy, for they are onely the twelve parts of the firmament, of which each part hath a certaine number of Starres aſſigned, and are called the proper houſes of the ſeven Planets, in which they reſt and abide a certaine time. The three quaternions of the twelve ſignes doe governe in divers parts of our bodies, whereof foure there be that rule the inward parts, called ſpirituall members. *viz.*

Cancer	Rule theſe parts in a mans body. *viz.*	The Liver and Lunges.
Leo		The Heartſtrings and Backe.
Virgo		The Stomack, and the mouth of the Stomacke, Midriffe and Bowells.
Libra		The Loynes and Navell.

And of theſe are ingendred theſe ſeverall diſeaſes. *viz.*	*Cancer.* *Leo.* *Virgo.* *Libra.*	cauſeth the	Cough, Ptificke, and Pleuriſie, Impoſthumes, Iaundies, Feavers, & Peſtilence, Swelling of the Belly, Dropſie, Hardneſſe of the Belly & Collicke Paſſion, Exulceration of the Bowels, Pain in the Belly, and about the Small of the back.

And theſe evill affects are chiefly engendred when the ſignes aforeſaid are in the houſes that are evill; as the ſixt houſe, the eight houſe, and the twelfe houſe from the aſcendant.

A Planet is a Starre which is diſcording or differing from the leſſer Starres in forming and working, for they are greater, and of more power then thoſe that are leſſe.

The Moone is ſaid much to alter the conſtitution of our bodies by thoſe ſignes wherein ſhe enters; therefore I ſhall firſt declare unto you the twelve ſignes, and the parts they governe, and conſequently the diſeaſes cauſed by the influence of the Moone in every one of thoſe ſignes.

Firſt, *Aries* hath his place in the head, face, eares; and the diſeaſes are headach, toothach, paine in the eyes, pimples, morphew, ſcurfe in the face, and ſuch like.

Taurus governeth the necke and throate; and the diſeaſes are the Kings-evil, hoarſeneſſe in the throate, weakneſſe in the necke, and blacke chollar or melancholy, ſquinances, catarrhes, and other diſeaſes of the necke throate.

Gemini ruleth the ſhoulders, armes, hands, and fingers, and their diſeaſes proceeding of bloud in the ſaid parts; as frankles and ſuch like, and ſome comming of phlegme.

Cancer hath dominion in the pappes, breaſt, ribs, the upper part of the belly, part of the ſtomacke, the ſpleen and lungs; it ruleth over phlegmaticke humours, and denoteth impediments in the eyes, darkeneſſe in the ſight, ſpots and puſtles in the face, the ſcab, leproſie, lithargy, galling of the skinne, and evill ſickeneſſes of the body and face comming of phlegme.

Leo governeth the heart, neather part of the ſtomack, and ribs, backebone, ſides, ſmall guts, and the liver, and the ſickeneſſe proceeding from chollar citrine, and others as trembling of the heart, ſwounding, &c.

Virgo ruleth the belly, intrailes, midriffe, and over melancholy, and ſignifieth all ill humours, proceeding of

of melancholy, as *Iliaco paſſio, collica paſſio* and the like.

Libra hath dominion in the reynes, and loynes, neather part of the belly, navell, hanches, and buttockes, and over blood, and ſpecifieth dimnes of ſight, retention of Urine, and of digeſtion of fluxes, and the like.

Scorpio ruleth the ſecret parts, the bladder, and parts of generation, and the flanckes, and over phlegmaticke humours, and aquoſities, and ſhoweth lepry, ſcabs, ſpots in the face, cankers, fiſtulaes, hemorhoids, the ſtone, falling of the haire, ſcurfes, and deformed diſeaſes in the face, and all the body poiſoned by medicine.

Sagittarius hath his dominion in the thighes, with the apurtenances, and all ſuperfluous parts, as a fixt part of the fingers, &c. and over choller, and the diſeaſes proceeding thereof, as Feavers, Agues, falls from high places, darkeneſſe or impediments of the eyes, and from the ſixteenth degree to the eighteenth, he ſignifieth hurts by horſes, and wounds.

Capricornus governeth the knees and their diſeaſes, leproſie, ſcabs, galls, defects of the skinne, loſſe of hearing, ſpeech, and ſight, feavers, iſſues of blood in the inferiour parts, and fluxes alſo, and diſeaſes comming of melancholy.

Aquarius ruleth the legs and their diſeaſes proceeding of blood, blacke jaundiſe, quartaine feavers, inciſion of the veines; and from the twentieth degree to the five and twentieth, it noteth paines in the eyes.

Piſces hath dominion in the feete, and over their diſeaſes, as the gout, ſcab, leproſie, palſie, paine in the feete, galls in the skin, and ulcers, and is a ſigne very ſickely and phlegmaticke. Theſe are the proper ſignifi-

cations

cations of the ſignes by themſelves, or when the Moone is in them paſſing through all the parts of mans body; yet notwithſtanding the Moone and other Planets have divers and ſeverall ſignifications in all the ſignes particularly appropriative to themſelves, very neceſſary to be obſerved, having ſpeciall relation to the part of the body diſeaſed and grieved, as may appeare by what is ſaid; whereby it is thought very evill to adminiſter any medicine to the part which is governed of any ſigne, the day that the Moone is in it, except neceſſity urge; nor to make any inciſion in any member, leaſt efflux of blood follow, and diverſe other inconveniences.

The Ancients alſo conſidered the twelve monethes of the yeare, with the twelve ſignes, in which they are ſaid to worke according to their nature, one with another; but each one hath his ſeverall month wherein he properly raignes.

Aries. ♈. And firſt raignes *Aries* in the month of March, for in that ſigne (ſay they) God made the world, and to this ſigne the old Iewiſh Philoſophers gave the name of *Aries*: that is to ſay, a Ram; foraſmuch as *Abraham* made his offering to God of a Ram, for his ſonne *Iſaac*; and whoſoever is borne in this ſigne ſhall be timerous or dreadfull; but he ſhall have grace and good inclination.

Taurus. ♉. The ſecond ſigne *Taurus*, raigneth in April, it hath the name of Bull; foraſmuch as *Iacob* wraſtled and ſtrove with the Angel: Whoſoever is borne in this ſigne ſhal have good ſucceſſe in all manner of beaſts and cattle of the field.

Gemini. ♊. The third ſigne *Gemini*, raigneth in May; it hath the name of twinnes, foraſmuch as *Adam* and *Eve* were formed

formed, and made of one kind : Whoſoever is borne in this ſigne, poore, and feeble ſhall he be, and ſhall live in griefe, becauſe *Adam*, and *Eve* bewailed their fall.

The fourth, *Cancer* raigneth in Iune, and hath the name Crab, or Canker, foraſmuch as *Iob* was full of Leproſie, and Kankrous Sores, which is a Worme that throvgh the permiſſion of God, eateth the fleſh : Whoſoever is borne in this ſigne, he ſhall be feeble of body, but ſhall obtaine grace, if he ſeek it of God. *Cancer.* ☋.

The fift ſigne, *Leo* raigneth in Iuly, and hath the name of a Lyon ; foraſmuch as *Daniel* the Prophet was put into a Lyons den : Whoſoever is borne in this ſigne ſhall be a bold, and ſtout man, and a hardy. *Leo.* ♌.

The ſixt ſigne *Virgo* raignes in Auguſt, and hath the name of a Virgin, foraſmuch as our Lady that bleſſed Virgin before birth, in birth, and after birth, was a pure Virgin : Whoſoever is borne under this ſigne, ſhall be wiſe, and learned, and ſhall ſuffer blame for a juſt cauſe. *Virgo.* ♍.

The ſeventh ſigne, *Libra* raigneth in September, and hath the name of the ballance that hang in equall poiſe, foraſmuch as *Iudas Iſcariot* tooke counſell with the Iewes for the betraying of our Saviour : Whoſoever is borne in this ſigne, he ſhall be a wicked man, and a traytor : an evill death ſhall he dye if the courſe of nature prevaile, but if he ſeeke after grace and mercy, he may eſcape it. *Libra.* ♎.

The eight ſigne, *Scorpio* raigneth in October, and hath the name of a *Scorpion*, foraſmuch as the children of Iſrael paſſed through the Red Sea : Whoſoever is borne in this ſigne ſhall have many angers, tribulations, and vexations. *Scorpio.* ♏.

Sagittarius. ♐ The ninth ſigne *Sagittarius*, raigneth in November, and hath the name of the Archer, foraſmuch as *David* fought with *Goliah*: Whoſoever is borne under this ſigne ſhall be hardy, and lecherous.

Capricornus ♑ The tenth ſigne *Capricornus* raigneth in December, and hath the name of the Goat, foraſmuch as the Iewes loſt the bleſſing of our Lord Ieſus Chriſt: Whoſoever is borne under this ſigne ſhall be rich, and loving.

Aquarius. ♒ The eleventh ſigne *Aquarius* raigneth in Ianuary, and hath the name of the water-man; foraſmuch as Saint *Iohn Baptiſt* baptiſed our Saviour in the flood of Iordan to beginne to inſtitute the new law of Baptiſme, and end the old law of Circumciſion: Whoſoever is borne in this ſigne ſhall be negligent, and loſe his goods, and ſhall be careleſſe in his courſe of life.

Piſces. ♓ The twelveth ſigne *Piſces*, raigneth in February, and hath the name of fiſhes; foraſmuch as *Ionas* the Prophet was caſt into the ſea, and three daies, and three nights lay in the belly of a Whale: Whoſoever is borne in that ſigne ſhall be gratious, and happy, if he make uſe of time.

But note that neither the planets, nor the ſignes wherein they worke do conſtraine any man to doe good, or evill, but he may (by his owne will, and the grace of God) doe good, although he be diſpoſed to evill after the nature, and influence of his planet, and on the contrary by his owne evill inclination he may doe evill, though by his planet he be diſpoſed to good.

Saturnus. ♄ *Saturne* hath the higheſt place of all the planets, which hee compaſſeth once in thirty yeares, and is a planet wicked, and an enemy to humane nature; a deſtroyer of life, cold, drie, earthly, and is maſculine of the day, he

rules

rules the right eare, ſpleene, bladder, and bones, melancholy humours mixt with flegme, he hath dominion over old men, ſolitary, ſtubborne, leane, covetous, and gluttonous perſons, the greatneſſe of his body is 91 times ſo big as the earth, his character is thus. ♄

Iupiter ends his courſe almoſt in twelve yeares, he is a planet benevolent, good, hot and moiſt, he rules the liver, lights, lungs, arteries, bloud, and ſeed, and the left eare, humours ſanguine, humble, juſt, honeſt, true, liberall, and rich Perſons, Prelates, and Biſhops: his character is thus ♃ the greatneſſe of his body is 95. times ſo big as the earth. *Iupiter.* ♃

Mars circleth his ſphere once in two yeares almoſt, he is a planet hot, and drie immoderately, governes the gall, veines, ſinewes, and ſtones, the humour cholericke, diſdainefull, ſeditious, cruell, bold, and careleſſe perſons: the greatneſſe of his body is once ſo bigge as the earth, and halfe ſo bigge, and an eight part, his character is thus. ♂ *Mars.*

Sol the lampe of heaven, he paſſeth through the twelve ſignes of the Zodiack in three hundred threeſcore, and five daies, he giveth life naturall to all things, and is a planet moderately hot, and drie, maſculine of the day, he rules the braine, marrow, and joyntes, kings, princes, magiſtrates, and famous perſons, the greatneſſe of his body is 166. times ſo bigge as the earth, his character is thus. ☉ *The Sun.* ☉

Venus endeth her courſe as doth the ſunne, ſhe is a planet feminine of the night, cold, and moiſt temperate, ſhe rules the throate, pappes, belly, reines, matrix, and buttocks, and humours phlegmatick, governeth perſons that are meeke, pleaſant, lovers, dancers, muſitians, and *Venus.* ♀

Poets; the greatneſſe of her body is the 37 part of the earth; her character is thus. ♀

Mercury. ☿

Mercury maketh his courſe as the Sun and *Venus*, he is a planet variable, unequall, good with the good, and bad, with the bad, ſometimes maſculine of the day, and ſometimes feminine of the night, hot with the hot, and cold with the cold, moiſt with the moiſt, and drie with the drie planets, whichſoever he is configured unto; he rules the mouth, tongue, thoughts, and memorie, deviſers of any ſubtilty, or craft, crafty, deceitfull, proud, unconſtant, and lying perſons; the greatneſſe of his body is the 32000. part of the earth; his character is this. ☿

Luna. ☾

Luna the moone makes her paſſage through the Zodiacke in nine and twenty daies and eight houres, and overtakes the Sunne in nine and twenty daies and twelue houres, or thereabouts; ſhe is a planet naturally cold and moiſt, of the night feminine; ſhe is the carrier of the influence of all the planets through her orbe unto us, ſhe rules the ſtomacke, taſt, liver, and the left ſide; ſhe governes noble women, widdowes, alſo mariners, and vagabondes, and humors phlegmatike; the greatneſſe of her body is the 39. part of the earth; her character is thus. ☽

It ſhall be alſo neceſſary to conſider the place, country, ſoyle, windes, and waters; their good effects, and their bad, the temperature of the climate, and the nature of the foure cardinall windes, Eaſt, which is hot and drie: Weſt, which is cold and moiſt: North, which is cold and drie: South, which is hot and moiſt.

Theſe I have the rather inſiſted upon, becauſe I find them ſo neceſſary to be knowne, and duely conſidered in the adminiſtring of medicines.

CHAP.

CHAP. III.

of Humours.

AN humour is whatſoever is moiſt, and liquid in ſubſtance, into which the nouriſhment is firſt converted in the body of living creatures endewed with bloud, and is called an humour, not becauſe all of them have one, and the ſame force of moiſtning, but becauſe all of them have a fluent ſubſtance. For choler and melancholy (according to *Reolanus*) are drie humours; humours becauſe of their liquid conſiſtence, and drie becauſe they have the naturall force of drying. The humours are the firſt begotten matter, out of the mixture of the four elements; choler of fire; phlegme of water; melancholy of the earth; bloud of the aire; for it is hot and moiſt, as the aire. An humour is either elementary, alimentary, or excrementitious: elementary, is the pureſt parts of the ſeed; alimentary, is that which is generated of the nouriſhment in the body, by the native heat, and mixed in the veines by the name of bloud; but not only bloud, for it hath a mixture of the three other humours, although the greateſt part be bloud, and of theſe are produced the ſecond humours, *inominata*, or without name, *ros* dew, *gluten*, which is *ros* condenſed, and cambion: excrementitious, which is either profitable, and neceſſary, as choler in the gall, melancholy in the ſpleen, ſpittle in the jawes, and milke in the dugs; or unprofitable as urine,

ſweate, excrement of the noſe, and menſtruous blood.

The alimentary Humour (as I have ſaid) which is fit to nouriſh the body, is that humour which is contained in the veines, and arteries of a man, who is temperate, and perfectly well in health, and is knowne by the generall name of Blood, which is let out at the opening of a veine, though it be in divers parts of the body unlike, and different, for the thicke blood which is in the bottome, is not an humour, but is melancholy blood; the light froth that ſwimmes on the top is not Choller, but cholericke blood, unleſſe it be changed by nature into choller, and melancholy, which often it is, and from the blood is knowne, becauſe being out of its veſſels, it will congeale, but the humour never at all; for blood otherwiſe taken is an humour of a certaine kinde, deſtinguiſhed by heat, and warmth, from the other humours comprehended with it in the whole maſſe of the blood.

Blood in complexion is hot, and moiſt, rather temperate, in colour Red, Roſie, or Crimſon; in ſmell, not ſtinking, in taſte ſavoury, of indifferent conſiſtence, neither too thicke, nor too thinne, and is of the nature of three ſignes of the Aire, *Gemini*, *Libra*, *Aquarius*, and hath its originall in the very firſt minute of our creation, and is encreaſed by the meate we eat, being drawne into the bottome of the ventricle, and there detained untill by force of concoction it is turned into a thicke ſubſtance of colour according to the meate we eat, much like in conſiſtence to almond butter, and this is called the Chylus which is formed round, that it may be the better ſucked out, for were it like a trough, that which was before concocted would be over much, whiles the other is ſucked out. This Chylus ſeeming

one

one, and the ſame thing in its ſelfe, yet conſiſts of parts of a different nature, either by reaſon of the variety of meats, or by one, and the ſelfe ſame meate; this being perfectly concocted, is received by the *vena porta*, or gate veine, and driven from thence into the ſmall guts, and ſucked in by the meſeraick veines, & ſo enters the liver, where (as ſome have thought) it gets no tincture, or rudiment, but it (being before coloured) gives colour to the liver, which otherwiſe is a thing of another kinde, and of a farre different colour, and from thence it enters the heart, where it is perfected; for they are much deceived, who imagine the blood to have its originall in the liver, for in Embrioes you may ſee the heart, and all the veſſels made before they live, and an Egge in foure and twenty houres will be blood, and then a Chicken; ſo the bloud is the firſt that is made; and of this maſſe of blood are all the other humours made at one, and the ſame time: The blood being thus compoſed is devided into two parts, naturall, and unnaturall. Naturall which I have already ſhewed you is either arteriall contained in the arteries, or venall, contained in the veines, the arteriall is more red, cleare, ſubtle, hot, and flowing from an opened artery in a violent maner: the venall beats not, & is leſſe red then the other, darker of colour, thick, & not ſo hot. Vnnaturall is in quality by infection, or commixtion with an humour, it is unnatural in quality, when it is changed from its good complexion, & is either too hot, or too cold, too thicke, or too thinne, or more ſubtle then it ſhould be; by infection when that ſome part of the bloud is evidently infected, and putrified by commixture with another humour; that is, when there is more of another humour then ought to be, either outwardly

wardly when the evill humour encreaſes outwardly on the bloud, or inward when an evill humour generated within the bloud is abſolutly mingled with it; as when ſome part of the bloud being putrified, and its ſubtle parts turned into choller, and the groſſe parts turned into melancholy, and that choller, or melancholy become aduſt, and remaine with the bloud, it infects and putrifies it: and thus it is alienated from the naturall, either in ſubſtance, color, ſmel, or taſt; in ſubſtance becauſe it is thicker, and more troubled, as when there is mingled with it blacke choller, or ſubtler by the commixture of yellow watry choller; in colour, by either declining to white by the mixture of phlegme, or to blacknes by the mixture of melancholy: by ſmell, by being of a worſe ſavour, by the admixture of rotten humours, or by altogether wanting ſavour by the mixture of raw humors; in taſt by turning either into bitterneſſe, by mixture of choller, or to ſharpneſſe by mixture, of melancholy, or to unſavorineſſe by the mixture of phlegme. And to conclude, bloud is (no queſtion) the firſt amongſt other humors, towards the beginning, and ſuſtaining of mans life; towards the beginning, as thus; the ſeed is nothing elſe but bloud made white by the more powerfull concoction in the teſticles, and of bloud is generated the material cauſe of marrow; for it is not to be doubted, but all the parts of our body are more nouriſhed thereby, then by any other humour, which will appeare by this example; the ventricle of a child is nouriſhed in the womb, not by any Chilus, for there is none, but by the mothers bloud which theli ver drawes by the veines of the navell.

Blood is the matter containing the ſpirits, of which the life, and every operation of the vegetative vertue

conſiſts;

consists, whether vitall, or animall, and it may very well challenge to its selfe the principall place being farre more convenient then any of the other humours towards the maintaining of life, by reason of its heate, and moisture, and because it more nourishes the body, and more weakens it by its losse; for it is the treasure of life through the losse whereof followes death immediately.

Those in whom this humour abounds are beautified with a fresh and rosie colour, gentle and well natured, pleasant merry, and facetious; it is best generated in the spring, and accordingly in youth, that is to say, from the five and twentieth yeare to the thirtieth yeare of age.

The blood thus brought to the liver as before, must of necessity be purged from his too excrementitious humours, whereof the bladder of the gale drawes one, which we call yellow choller, and the spleene the other which we call melancholy; which are naturall and excrementitious, but not alimentary, or nourishing; but we will leave these for a while, and speake of phlegme, which hath the next place to blood, because it is neerer the radicall moisture.

Phlegme is twofold, naturall and unnaturall: Naturall as it is cold and moist, white and sweet, by an imperfect concoction in the second digestion, taking its originall from the watry, and crude parts of the Chylus, and is meerely blood perfectly concocted, having neither the colour nor the aptnesse to nourish fleshy members that blood hath; so that that part of the Chylus that hath suffered any digestion in the liver, while the blood is perfected, and remaines white, savory, and *Phlegme. Naturall.*

watry, and of a remisse colour, is called phlegme which hath no proper receptacle as the other humours have but runnes along with the blond, that in time of necessity it may likewise be made bloud, or at least may supply its defect; but it hath an improper receptacle which is the stomach whether it often gathers, and the lungs on which it sometimes falles.

Unnaturall Phlegme.

The unnaturall is either changed in its quality, or in its quantity by being mixed with other humours; for there must be a substance in all, a just quality, and quantity; to the substance belongs the consistence; to the quantity belongs proportion; and to the quality appertaines savour, and colour: choller (for example) must be thin, melancholy thicke, pituit or phlegme in a meane almost like bloud: choller in his first qualities ought to be hot and dry; in his second qualities bitter and yellow: phlegme in its first qualities ought to be cold and moist, in the second white and unsavorie, for it is made sweete before it is mingled with the bloud, and it is evident that sweetnesse proceeds from a moderate heate, as bloud, sugar, hony, and the like do shew, which are moderately hot; but naturall phlegme is cold, therfore it may better be termed unsavorie, then sweete: melancholy in his first qualities is cold and drie; in his second, black and sharp, or sower: bloud is hot and moist, if it be with other humors it is temperate, but in the second qualities it is red and sweet; in all foure there ought to be a proportion, of choller least, then melancholy, then of bloud ought to be most, then phlegme; and if this proportion faile, so that there be either more or lesse of one then ought to be, or that one of them fall from its right temper, it breeds the originall of almost all diseases which

which is ill digestion. But to returne, the unnaturall phlegme, as I shewed you, is either changed in its quality or quantiy, and of these we count eight kindes (according to *Avicen*) whereof foure without the veines, *viz.* Watery, that is subtill as water, and is found in the spittings of drunken men. Secondly mucous or raw, wherein are some parts grosse, some subtill, but when the difference of the parts is so little as it cannot be perceived, then it is termed raw. Thirdly glassie, resembling molten glasse, or rather the white of anegge, by reason of the stiffenesse and weight, and is not properly cold, but of a kinde of faint heat. Fourthly, Gyplea plaisterlike which is concrete into the forme, and hardnesse of chalke, whose subtle parts are resolved as you see in a knotty goute in the joyntes of the fingers. The other foure are within the veines; as first acide, or sower which hath had none, or very little impression of heate more then that it first had in the stomach. Secondly, salt or adust which is bred by the mixture of choler, whose bitternesse is lost by the unsavorinesse of phlegme. Thirdly, thicke and grosse of sower phlegme by reason of the vehement cold. Fourthly, stipticke that is not so cold, nor grosse as the other.

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4.

Phlegme is of the nature of the three signes of the water, *Cancer*, *Scorpio*, and *Pisces*, and is watry cold and moist, of consistence liquid; of colour white; of taste, sweete, or rather unsavory, fit to nourish the braine, and all other cold, and moist parts, to make the bloud temperate, and to yeild moistnesse to the joynts: It is placed in the body either of necessity, or for profit; of necessity two waies, whereof the first is common: the second particular: The common is that phlegme which

is neereſt the members, and by which they are nouriſhed when at any time they ſhall have loſt their proper nouriſhment good blood; neither doth it nouriſh, but when it is ſent into the bloody veines by the liver; the particular, is the mingling of it with the blood, tempring it and making it fit to nouriſh the phlegmaticke parts, as the braine and nerves: for to nouriſh theſe a great part or portion of phlegme is required: for profit likewiſe two waies, whereof the firſt is likewiſe common, the other particular; the common whereby it makes the blood the more thinne, flowing, and penetrating, the eaſier to ſlide through the veines into the members; the particular, that it may moiſten the joynts and members that are moſt moved in the body, leaſt by continuall motion they become dry, becauſe every locall motion is a ſtraining and heating, and every heate is reſolutive and deſiccative; therefore that the joynts of the bones by continuall motion, which is made by the ſinewes and muſcles, ſhould not be over heat, dried, and conſequently made quite unfit for the naturall uſe and motion; nature hath ordained theſe phlegmaticke humours, which as it were diſtilling out of the veines, doe water and moiſten them; not unlike the oyling the Axel-tree of a Coach, without which it would (as we ſee by daily experience) be burned into duſt; but this office of this humour is not profitable nor neceſſary for every one, for infantes, and weake impotent people, that can neither walke nor worke, but ſit idle, doe not need this moiſture; but thoſe that labour hard, and go much, have extraordinary need of it.

Phlegme maketh a man drowſie, dull, fat, and fwollen, and haſtneth gray haires; it abounds moſt in Winter,

ter, and in those that incline to old age; and is encreased by cold, and crude nourishment.

The next is Choller, which is an humour hot and dry, of thinne, and subtle substance, and is, as it were, a certaine heate, and fury of humours, which generated in the liver, together with the blood is carried by the veines and arteries through the whole body; that of it which abounds is sent partly into the guts, and partly into the bladder of the gall (which is its proper receptacle, and is in the hollownesse of the liver) or is consumed by transpiration and sweats: Choller is devided into two parts, naturall, and unnaturall: The Naturall is, as it were, the froth of the blood, whose colour is of a cleare red turning towards yellow, and hath its originall from the more subtill parts of the Chylus. Unnaturall is by infection and commixtion of another humour, or by alteration; and it is called unnaturall when it is either greene, blacke, or darke red of colour: that kinde of unnaturall Choller which is made by mixture with another humour is called Vittelline, because in heate and consistence it is like the yolkes of egges; and this *Avicen* thinkes to be made of thicke phlegme mingled with choller; but *Gallen* thinkes it to be only by alteration, and a stronger heate destroying the moisture; for any humour deprived of its moisture, must needs wax thicke; and this is the most received opinion; for choller waxes pale and cold by the mixture of phlegme. These other following are made only by alteration, *viz.* Leeke coloured, or resembling the juice of a leek in greenes, tending towards black, which is generated in the ventricle by the crudity of meats, and therefore is sometimes called greene phlegme: Æruginous

Choller.

Naturall choller.

Unnaturall.

Vittelline.

Leeke-coloured.

Æruginous.

nous of the collour of Verdigreace tending towards white; for according to *Avicen*, it is made of the aforeſaid greene being more aduſt by the ventricle or liver inflamed, as bones being burned are firſt blacke, and afterwards turne white: it is ſo hot and biting that it burnes like to hot poiſon. To theſe we may adde blew choller much like in colour to the herbe Woad that our dyers uſe; and to this alſo belongs that which is called Skie-coloured, or Sea-coloured, and is the worſt of all the humours, except blacke choller, for it gets ſo much acrimony by reaſon of the heat, that it corrodes, and ulcerates; this kinde is generated in the ventricle, or neare about it: Red choller is improperly called Red, being rather blood; only this is the difference, blood congeales when it is out of its veſſels, but red choller will not: it is made red by being mingled with ſome bloudy moiſture; and it is made pale almoſt to the likeneſſe of naturall choller, by the mixture of phlegme. Blacke choller ſo much degenerates from the naturall, as that it acquires the name of another humour, which is properly called melancholy, of which we will ſpeake in his place. You ſhall underſtand, that that part of naturall choller that goeth with the blood through the veines, is ſent thither for two ſpeciall reaſons, which we may call neceſſity and profit; of neceſſity, becauſe it is requiſit and needfull that the cholericke members be nouriſhed by it, whereto a great part of choller is required: Secondly, for profit, that it may ſubtle the blood in the veines, and make itth more penetrating in its paſſage.

Blew.

Skie-coloured, or Sea-greene.

Red.

Black.

Another part of naturall choller is ſeperated from the maſſe of humours generated in the liver, and is ſent

to

to the bladder of the gall, of neceſſity, and for profit: of neceſſity, that the whole body may be purged, cleanſed and mundified from cholericke ſuperfluities; for the gall either by its owne property, or by the naturall attractive vertue, doeth draw unto it choler, as a thing moſt fit and proper for it ſelf, even after the maner of the Loadſtones drawing of iron; which kind of delight in attracting; is eſtabliſhed in a certaine hidden ſympathy, which nature hath ordained betweene choler, and the bladder of the gall; by whoſe attraction the whole body, and likewiſe the bloud is cleanſed and mundified from all ſuperfluous choler, which otherwiſe might impaire the health: ſecondly for profit; firſt that it may waſh the inteſtines from dregs, and viſcous phlegm; ſecondly to pricke and ſting the guts, and muskles of the belly, that they may feele that it is hurtfull for them, and therefore may endevour to expell it; for the expulſive faculty doth not exerciſe it ſelfe in expelling the dregs remaining in the belly and guttes, unles it be excited by choler flowing thereunto, whereby it often happens that the paſſages betweene the gall and the guts being ſtopped, the colicke enſues.

Choler is chiefly bred, and expelled in youth; and acride, and bitter meats yeeld matter to it, but great labours of body and mind give the occaſion. It maketh a man nimble, quicke, ready for any performance, leane, and much ſubject to anger, and quicke of concoction.

Choler is of the nature of the three ſignes of the fire, *Aries*, *Leo*, and *Sagittarius*, and is fiery hot and drie; of conſiſtence thin; of colour yellow, or pale; of taſte bitter: it provoketh the expulſive faculty of the guts, and attenuates the phlegme cleaving to them; but the alimentary

tary is fit to nouriſh the partes of like temper with it.

Melancholy. Melancholy or the melancholy humour being the groſſer portion, and as it were the mud and dregges of the bloud, is partly ſent from the liver to the ſpleene to nouriſh it, and partly carried by the veſſels into the reſt of the body, and ſpent in the nouriſhment of the parts endewed with an earthly dryneſſe; it is an enemy to mirth and jollity, and neere kinſman to death; and is

Naturall melancholy. by the ancients devided into two parts as phlegme is, that is naturall, and unnaturall; the naturall is cold and drie, and is generated in the Chilus paſſing as aforeſaid.

Vnnaturall melancholy. The unnatural is not like the dregs of blod, but it is like the lees of wine burnt, hotter & lighter then naturall melancholy is, and taks its originall from any of the humors aduſt; as from choller aduſt turned into melancholy, which only amongſt all the humours reſerves its owne proper taſt, that is bitter; from phlegme aduſt, which phlegme if it be watery and very ſubtle, then the melancholy thereof generated will be ſalt; which if it be not ſalt, then the melancholy will be acide, and ſharpe; from bloud aduſt, and this kind of melancholy is ſalt having alſo ſome little ſweetneſſe; for bloud is the treaſure of nature, and moſt diligently preſerved by the other humours, whereby it ſeldome happens that it is wholy, and totally aduſt, becauſe it retaines ſome ſweetnes from naturall melancholy aduſt, from whence it happens that if the naturall melancholy from whence this unnaturall melancholy proceeds be ſubtle then this melancholy ariſing from the aduſtion will be even as ſharp as vineger, and being caſt on the ground turnes into bubbles; and this is the worſt of all the kindes of melancholy

melancholies, and is called *atra bilis*; for it not only corrodes the parts whereinto it is gathered, but whereſoever it touches it burnes and ſcaldes, as powerfully as Lime, Aſhes, or burnt Lees of Wine, wherein ſome reliques of fire remaine; hereby it happens that a diſentery cauſed by this humour is deadly, becauſe it ulcerates the inteſtines; now blood aduſt, melancholy humours, and *atra bilis* may eaſily be diſtinguiſhed; for from blood aduſt ariſe carbuncles; from melancholy ſchirrous tumours; and from *atra bilis* is generated cancer; and of this laſt the ſmell is ſo contagious, that the very flies doe ſhunne it; but if that naturall melancholy be groſſe, then that which proceeds from it by aduſtion will be of farre leſſe ſharpneſſe. *Atra bilis, or blacke melancholy.*

A part likewiſe of naturall melancholy paſſeth along with the blood, of neceſſity, and for profit; of neceſſity that it may be mingled with the blood in that quantity, and proportion as is neceſſary and requiſite to nouriſh ſome members, which are maintained by a great portion of melancholy, as the bones, and other cold, and dry melancholy members: Secondly for profit that it may attenuate the groſſeneſſe of the blood, and ſtrengthen, and conſolidate it untill it becomes a ſolid part of ſuch hard members as it ought to nouriſh.

A part of naturall melancholy is alſo ſent unto the ſpleene, the blood having no need thereof, which is done for the aforeſaid cauſes. The firſt is univerſall, for it is very neceſſary the whole body ſhould be purged of ſuperfluous melancholy; and alſo particular, becauſe it ought to nouriſh a particular member, that is the ſpleen. The ſecond is of the melancholy that flowes to the oriſice of the ſtomacke, and by his ſtipticity ſtraining,

and as it were milking out the moiſture it there findes, as a woman ſtraines and preſſes out the milke from the Cowes teates with her fingers, and this profit ariſes two ſeverall waies; firſt when melancholy bindes, unites, and ſtrengthens the orifice of the ſtomacke that the meate may be the better retained therein; ſecondly where ſuch melancholy by his acridneſſe makes a kinde of commotion in the mouth of the ſtomacke, whereby the deſire of meate is excited and ſtirred: for after the mouth of the ſtomacke is thus moved, a kinde of griping followes (as ſaith *Iames de Forlivio*) which preſently the ſenſitive faculty perceiving is excited to the deſire of meate, whereby that griping is ended

Melancholy is made of meates of groſſe juice, and by the perturbations of the minde turned into feare and ſadneſſe: it is augmented in the firſt, and crude old age; it makes men ſad, harſh, conſtant, froward, envious, and fearefull; it is of the nature of the three ſignes of the earth, *Taurus*, *Capricorne*, and *Virgo*, and is of nature earthly cold and dry; of conſiſtence groſſe, and muddy; of colour blackiſh; of taſte acide, ſower, and biting; ſtirres up the appetite, nouriſhes the ſpleene, and all the parts of like temper to it, as the bones, &c.

Neither is it to be doubted but that theſe humours doe move, and rule at certaine ſet houres of the day and night, as by a certaine peculiar motion or tide; for the blood flowes from the ninth houre of the night to the third houre of the day, as in the ſpring time: Choler to the ninth of the day, as in ſummer: Melancholy to the third of the night, as in autumne; the reſt of the night that remaines is under the dominion of phlegme, as in winter, whereof manifeſt examples appeare in the French

French Pox, &c. And theſe things thus underſtood, you may know what humour raigneth in the ſicke, and at what time he ſhall be moſt grieved. Next I ſhall ſhew you what the ſecond humours are which as I told you are likewiſe foure. *The ſecond humours.*

The firſt whereof is called the humour without a name, as having no proper name, but is thought to be a kinde of bloody moiſture which hanges ready to fall in little droppes at the orifice of the ſmall capillary veines; for in the body are certaine great veines which like the trunke of a tree doe ſpread forth their branches to the fineneſſe of haires, in which (according to *Iohannitius*) are ſcituate the humours, which after the third concoction are turned into moiſture, which is called in latine *inominata*, becauſe it wants a proper name whereby to call it, or elſe becauſe it participates with the firſt and ſecond humours; and after certaine ſpongious or porous parts beginnes the orifice of the veines like the mouthes of ſmall wormes, which whiles the digeſtion is perfecting are ſhut (as the matrice is after conception) but (digeſtion finiſhed) they open naturally (as the matrice opens when the child is ready to be borne) through which thus opened diſtills this aforeſaid bloody moiſture which entring the members agreeable is apropriate unto them, as the firſt operation of the nutritive vertue. *Inominata humiditas.*

The ſecond is called *Ros* dew, which moiſtens the part into whoſe ſubſtance it is already fallen; it is begot of the other humours, and ſerves very aptly for to nouriſh, when the body wants nouriſhment, as to moiſten members that are overdryed, either by too much care or over much frequenting the fire, or remaining under a *Ros.*

hot climate, as the Æthiopians, &c. This moisture is properly called *Ros* from the likenesse it hath to dew, because as dew falleth upon the earth, moistneth it, and administers nourishment to the plants, so this moisture doth at times of necessity, yield nourishment to the desiring member; but not true substantiall nourishment, because it hath not in it selfe solid substance sufficient to be made part of a member; but it is in a kinde of imperfect way, which is called a refreshing: Further seeing that this moisture is partly watry, partly airy and fat, therefore when it waters the members being by a continuall resolution dry, the easier is that joyned to the members which they call *Cambium*, then if they had still remained dry, for moist to moist makes an union.

Cambium. The third is called *Cambium*, which put into the part that is to be nourished is there fastened, being more thickned then the other two in the holes of the aforesaid little veines, and is a substance truely nourishing, because it is converted into the substance of the members, according to complexion; but yet not according to the compleate essentiall parts, and full likenesse, which we call substantiall forme; for it is the object of the fourth digestion, about which the vertue nutritive exercises its selfe, which is properly termed the last vertue digestive, and of which arise three operations: First, the adding of the *Cambium* to the members: Secondly the uniting, or fastning thereof: Thirdly the assimulating, or bringing into forme: therefore while this *Cambium* generated of pure meats is added to the members, it is conformable to them in complexion, neither heating, nor cooling, nor moistning, nor drying the substance of the members qualitatively as a distemperate medicine

medicine; but in substance and essentiall forme, and similitude, it is not yet assimulated to the members; yea the vertue nutritive a little working it, and striving as it were to assimulate it, doth thicken, and consolidate its substance, that it may make it like the substance of the members.

The fourth is called *Gluten*, Glew, which is only the proper and substance-making humidity of the simular parts, not their substance; and the first roote and beginning of it is in the sperme or seed, as the beginning of the seed is from the humours; neither is it as I said a substantiall part of the members, but a part of the part, as elements constituting simple members, as it appeares by the composition of the body; for this is compounded of foure severall things, hot qualified by cold, and moisture diminished by drines; but yet none of these serve towards the composition of a soule, neither are they any integrall or substantiall parts of the body of any one living. *Gluten.*

Now that you may know what humour is most predominant in every one, I shall briefly declare the signes which we usually observe.

First therefore (becaule the matter and generation of flesh is chiefly from blood) a man of fleshy, dense, and solid habit of body, and full of a sweete, and vaporous juice is of a sanguine complexion; they have a ruddy coloured, and flushing face, with red and white; White by reason of the skinne spread over it, and Red by reason of the blood lying underneath the skinne; for alwaies such as the humour is, such is the colour of the face: they are curteous, affable, and faire spoken, of a smooth forehead, and something given to women, *To know a man of a sanguine complexion.*

seldome angry, for as the inclination of the humour is, so also is the disposition of manners; they eate and drinke freely, have pleasant dreames, and are troubled with diseases that arise from blood, as phlegmones, pustles, bleeding much, and menstruous fluxes; they will endure bloud-letting, and desire most those things that are cold and dry, therefore offended by hot and moist things; they have a great and strong pulse, great quantity of urine, but of a milde quality with substance, and colour indifferent.

Signes of a cholericke complexion.

As for Cholericke persons you shall observe them to be of a pale yellow colour, the body leane, slender, and rough, faire veines, and large arteries with a quicke pulse, their skinne feeles dry, hard, and hot with pricking, they cast forth much choller by vomit, and stoole, they are nimble witted, stout, hardy, and desirous of revenge, liberall and ambitious, they have light sleepe with suddaine wakings, fiery, and furious dreames, they most desire meats and drinkes that are cold and moist, and are subject to burning feavors, phrensie, jaundies, bloody flux, and pustulous inflammations.

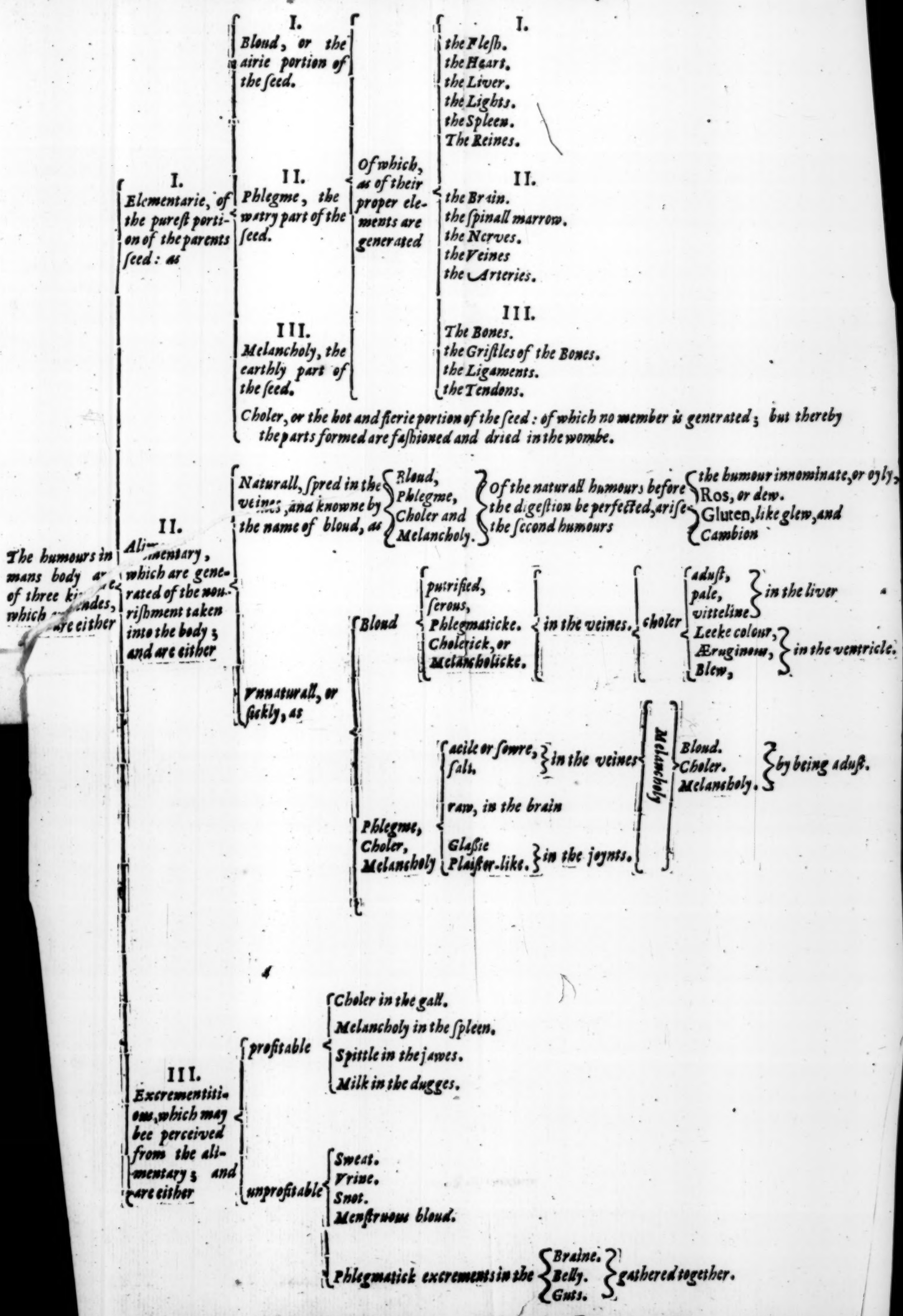
Signes of a phlegmatick complexion.

You shall know phlegmaticke persons by a white face something livid, a fat body being soft, and cold to the touch; they are subject to Oedematous tumours, catarrhes distilling downe upon the lunges, and dropsie; they are slothfull, drowsie, and of a dull capacity, dreaming of waters, drowning, floods, and the like; they cast up much phlegmaticke watery matter by vomit, and spitting, and are troubled with a doglike appetite, and with the chollicke.

Signes of a melancholicke complexion.

Those that are melancholicke are swart, cloudy, and sterne of countenance; they are subject to divers evill diseases,

A Table of the Humours in Mans Body.



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A Table of the Humours i

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diſeaſes, as quartaine, quintane, ſextane, and ſeptimane feavers, cancers, ſimple and ulcerated, and oftentimes with a leproſie; the coldneſſe that raignes in them makes them have ſmall veines, and arteries; their bodies cold and hard, their dreames very terrible, as of divells, and monſters, of graves, dead corpes, and in the night many blacke repreſentations before their eyes; being awake, they are for the moſt part froward, deceitfull, covetous, of few words, cowards, carefull, and lovers of ſolitarineſſe, ſlow to anger, but once angred, hard to be reconciled.

But note that theſe humours often change the temper of mans body; for there are divers that are ſometimes ſanguine, ſometimes againe cholericke, melancholicke, or phlegmaticke, nor happens this by the blood, but by the diet; as hot and dry meats make a ſanguine man cholericke, and groſſe meats that breed and encreaſe evill blood, as Veniſon, Hares, &c. will bring either of theſe to a melancholy; likewiſe cold and moiſt meats breed phlegme: but that I may not exceed my intended brevity I ſhall adde a table of humours, and ſo proceed to the next, which is the members or parts of the body. ✠

CHAP.

CHAP. IV.

Of Members.

What a member is.

THE Members are bodies ingendred of the first commixtion of elements, humours, and spirits, because they consist of a solid, fleshy, and spirituous substance. By partes in generall, I understand the head, breast, belly, and their adjuncts; by the particular partes of those I understand the simple similar partes, which are in number only eight, bones, gristles, fibres, ligaments, membranes, tendones, simple flesh, and skin, some adde to these, vaines, arteries, fat, marrow, nailes, and haires, others omit them as excrements: these aforelaid are called simple rather in the judgment of sense, then of reason, for all are nourished, have life, and sense, either manifest, or obscure.

A bone.

A bone is earthly, drie and hard, that they may the better serve in the foundation of the whole body, and uphold it as pillars; and this ought not to be all one bone, but divided into divers partes that the body may with ease bend its members, which way necessity requires; of these some are hollow, and some solid; the first nourished by marrow, the last by a thick bloud entring by the pores, as may be perceived in broken bones which are united by a Callus, which is generated of the reliques of the alimentary bloud.

A griſtle is the ſame in ſubſtance, that a bone is of, and is meerly a ſoft bone, that may be cruſhed; as the bones of children are but griſtles, untill the heate encreaſing with age doth harden them into bones; griſtles doe differ in themſelues, for ſome are at the ends of the bones, as in the huckle bone, noſe, ſternon, and knots of the ribs; others without bones, as in the eares, the flap of the weaſell, throtle, *aſpera arteria*, and baſis of the heart. *A griſtle.*

As a bone is harder then a griſtle, ſo is a griſtle harder then a ligament, which ſerves only to hold the bones together, which otherwiſe would ſlip aſunder; it is in colour and ſubſtance very like a nerve, but harder; and altogether without ſenſe and feeling, excepting ſome few, which either receive the nerves, or have their originall from the ſenſible membranes. *A ligament.*

A tendon is the end and taile of the arbitrary muſcles, and the firſt inſtrument of motion, and is called a tendon from the latin *Tendendo*, becauſe it ſtretches like a cord, when the member is moved; it is ſo much ſofter then a ligament, as it is harder then a nerve; it feeeles, and is moved by a voluntary motion by reaſon of the nerves, but by reaſon of the ligaments, it knits the muſcles to the bones. *A tendon.*

A fibre is a ſmall thred, but firme and ſtrong, which nature hath placed in the muſcles, that ſo the body may move every way; the right fibres do draw, the tranſverſe do put back, the oblique do hold, every one helpes one another, as if you ſhould hooke your fingers one within another. *A fibre.*

A membrane and a coate differ onely in this, a membrane *A membrane.*

brane is a name of substance, a coat is a name of office, for where a membrane invests any part, it is called a coate; in some parts it hath a proper name, as that which involues the bones is called the periosteum, that which covers the braine pan is called the pericranion, which covers the braine, is called the mevinx, that which covers the ribs, and the contained parts as the heart, lights, and *aspera arteria* is a proper coate, and is called a compassing membrane; that which containes the naturall parts, and gives to every one his proper coat, is called peritoneum, and from these the parts have feeling; for if you scrape the periosteum from the bone, you may cut the bone, burn it, or any thing without any paine.

Skinne. The skin is the greatest of all the membranes; it is the coat covering all the body, except such places by which any excrements are evacuated; as the eies, eares, nose, privities, fundament, mouth, and ends of the fingers, where the nailes grow; it is the place of the whole body, through which it is purged by sweat, from all fulginous excrements; of substance it is spermaticke, for being once lost it cannot be restored as formerly it was, but there remaines a skar, which is nothing els but flesh dried beyond measure; it takes its feeling from the nerves, of which (together with veines and arteries) it is compoled, and is by nature cold and drie, ordained for to keep safe and sound the continuity of the whole body, and all the parts thereof from the violent assault of all externall dangers.

Simple flesh. Simple flesh may be seene in the gummes and ends of the fingers; the flesh of a muscle is very like these, but it is not simple: in the puppes and stones, it is called gludulous flesh, and the substance of the heart and liver is called flesh, but improperly.

Fat

Fat, and flesh proceed both from one and the same matter that is blood; the difference is, that flesh comes of blood, heate, and overdried; the fat from cold by a certaine congealing or growing together of membranes, it is of a middle temper betweene heat and cold, although it may seeme cold in respect of the efficient cause that is of cold by which it concreates; in the joynts is another sort of fat farre more solid, and hard then the former, and it is mixed with a viscid humour, tough like the whites of Egs, that it may for a good space moisten those parts which are subject to much drines by their continuall motion; another kinde of fat is called seame, which is much dryer then ordinary fat, and lyes principally about the midriffe, where there are many windings of arteries and veines; it lyes also about the reines, loynes, and basis of the heart. *Fat.* *Seame.*

Those parts are called compound, which are made and composed by the mediation, or immediately of the simple, which they terme otherwise organicall, or instrumentall; as an Arme, Leg, Hand, Foote, and others of that kinde: the simple parts cannot be devided into any particles, but of the same kinde; but the compound may: they are called instrumentall and organicall, because they performe such actions of themselves, as serves for the preservation of themselves, and the whole body; as the eye by it selfe, not assisted by any other part, seeth, and by his faculty defends the whole body, and also it selfe: In each instrumentall part we observe foure properties; One by which the action is properly performed, as the Christaline humour in the eye: The Second without which the action cannot be perfomed, as the nerve & the other humors of the eye: The Third, *Compound members.*

whereby the action is better and more conveniently done, as the tunicles, and muscles: The Fourth, by which the action is preserved, as the eye-lid and circle of the eye: The same we say of the hand, as First, by the muscle: Secondly, by the ligament: Thirdly, by the bones and nailes: Fourthly, by the veines, arteries, and skinne.

Instrumentall parts. The instrumentall parts have a fourefold order; those that are immediately composed of the simple, are of the first order, as the muscles and vessels: they are of the second that consist of the first simple, and others besides, as the fingers: they are of the third, that are composed of the second order, and others besides, as the hand in generall: The fourth order is, the whole body the instrument of the soule. In all these parts, whether simple or compound, we doe consider nine things, Substance, Quantity, Figure, Composition, Number, Connexion, Temperature, Action, and Use.

Amongst the organicall parts, there is three principall parts, governing all the rest, *viz.* the Braine, Heart, and Liver, because from them, some force, power, or faculty proceeds and flowes over the whole body, when as there is no such sent from any other part. To these some adde the testicles, not for that they are of necessity of the individuall or peculiar body, but for generation and preservation of the species: Herein we may see the industry of nature, who like a good Architect seeks not only to build, and furnish her fabricke with all kinde of materialls necessary, by which the body may live; but also she hath furnished it with the testicles, thereby to make it immortall, because hereby every one may substitute another in his place before he depart this

this world. The veines, arteries, and nerves, are the firſt ſimple inſtrumentall parts: the veines ſpring all from the liver, the arteries from the heart (except only the *vena arteriosa*) which hath its originall from the eight ventricle of the heart: it is called *vena arteriosa* compoſitively, & therefore is not reckoned amongſt the ſimple inſtrumentall parts: for it is called a veine, becauſe it diſtributes alimentary blood to the lungs; and arterious, becauſe like an artery it conſiſts of two coates, all the reſt conſiſt but of one coate, knit together with a triple kinde of *fibres*, and this veine hath two principall cavities, one by which the Chylus is carried to the liver, and is called *vena porta*, or the gate veine; the other by which the blood made out of the Chylus is diſperſed amongſt all the members for nouriſhment, and is called *vena cava*, the hollow veine. The gate veine hath its originall in the blunt end or lower end of the liver, and there it ſpreads its rootes: The hollow veine beginneth in the gibbous part of the liver: The truncke of the gate veine is divided into two principall branches; the one is *ſplenicus*, which is carried to the ſpleene; the other is *meſenthericus*, which goes to the meſentery; it hath other ſmall ſlips that nouriſh the moſt part of the lower belly, and take their names from the parts they nouriſh; as that which nouriſhes the ventricle, is called *gaſtica*, *inteſtinalis*, that nouriſhes the inteſtines; *ciſtica* which brings nouriſhment to the bladder of the gall; from the meſentery branch ſpring ſmall ſlips to the right gut, which makes the hemorroids. The truncke of the hollow veine is alſo divided into two branches; one is carried upwards to nouriſh the ſuperiour parts, another is carried downward to nouriſh the inferiour.

Veines.

Arteries.

Vena arteriosa.

Vena porta.

Vena cava.

An artery differs from a veine because it consists of two coates that the spirits may not be exhaled, and that it may not be broken by the continuall motion and beating; a veine beates very little or not at all.

A nerve. A nerve is that which proceeding from the braine or spinall marrow hath sence and motion; some partes of the body which have nerves have feeling also, but no voluntary motion, as the membranes, veines, arteries, guts, and all the entrailes: from the braine arise two soft nerves, which have feeling, the hard nerves spring from the spinall marrow, and are moving, from the braine proceed seven conjugations of nerves, from the spinall marrowe thirty paire, that is sixty nerves, some nerves cannot be perceived to be hollow at all, it is a simple part of our body, bred and nourished by a grosse, and phlegmaticke humour.

The second instruments. Muscles. Of the three first and simple instruments, veines, nerves, and arteries, and of the eight aforesaid parts least conformable, being knit in due quantity, number, and scite, spring the second instruments; amongst which the muscles have the first place, as being the instruments of voluntary motion; which is performed six maner of waies: viz. upwards, downewards, forwards, backwards, to the right hand, and to the left hand; this is simple motion the second voluntary motion is circularly, as when you lure a hauke you swinge your hand round. A muscle consists of veines, nerves, and arterious flesh, and fibres, from which they receive nourishment, life, sense, and motion: they are reckoned amongst the second instruments, because they consist of a coate, a tendon, and a ligament; and are devided into three partes, the begining, middle, and end, the head, insertion and neather parte, and these

are

are all differing in figure, scituation, perforation, and quantity, colour, and connexion.

The fingers consist not only of veines of which they are nourished, of arteries from whence they receive spirit and vitall heate, nerves by which they feele, and muscles whereby they are mooved; but also of three bones in each finger (that is fifteene in each hand, which are hollow, fistulous, and full of thinne and liquid marrow, and not of grosse and thick as in the arme or thigh) whereby they are fortified and sustained; likewise of ligaments whereby the bones are connexed, of flesh, and skin; by whose coniunction is ordained, the true organicall touching, the fingers are in number five. The nailes are generated by the fibers of the ligaments, and the excrements of the tendons, which are terminated at the bottom of the nailes. *The fingers.*

The hand consists of five fingers, the palme or hollow of the hand, the back of the hand, and the wrest; it is the instrument of instruments, made for to take up and hold any thing, for with the hands are all the other instruments made; it is devided into five fingers the more easily to take up even the least bodies of any figure or fashion soever; and to this end nature ordained us the nailes, because the fingers ends being soft flesh, might not turne away in meeting with a hard body. *The hand.*

The heart is the chiefe mansion of the soule, the organe of the vitall faculty; and is placed in the body as the Sun in the firmament: it is placed by nature as it were in a box, that it may have free liberty to spread it selfe, and receive hurt neither from the ribs, or vertebres of the chest; it containes a continuall moisture, that by its motion and heat, it may not be over dried; it consists of a hard *The heart.*

hard and denſe fleſh, in which are two hollowes, the right ſide is the biggeſt, the left ſide is the more corpulent, and thereby the more ſtraite, but it is the more ſolid and thick, that the vitall ſpirits which are worked in it may not be exhaled: In the right hollow are two veſſels, a branch of the hollow veine whereby the heart drawes the bloud from the liver, and the gate veine by which it ſends the bloud throughly concocted, and ſubtilized to the lunges. In the left ſide alſo are two veſſels, the great Artery *Aorta*, whereby it ſends the vitall ſpirits every way, and the *arteria venoſa*, whereby it receives the aire from the lunges, which are only the bellowes of the heart to coole it. The heart hath *Auricles* or little eares on every ſide, to hold up the gate vein, and branch of the hollow veine, that they be not broken by the violent motion of the heart; the heart is one alone ſeituate moſt commonly upon the fourth *vertebra* of the cheſt, being placed there by nature, becauſe it is the moſt ſure and armed place, and is beſides, as it were, covered on every ſide by the hands of the lunges, and is made of a more denſe, ſolid, and compact ſubſtance, then any other part of the body, becauſe it muſt have a naturall motion of its ſelfe.

Theſe thinges I have ſpoken in briefe, only to ſhew you how neceſſary it is to be perfect in Anatomie, whereby you ſhall the more eaſily diſcern the parts affected by the place of paine, and cure it by a fit application of remedies without the hurting of any other part: next I ſhall ſpeake of the faculties.

CHAP.

CHAP. V.

Of Faculties.

A Faculty is a certaine power, and efficient cauſe proceeding from the temperament of the part, and the cauſe whereof proceed the actions and powers of the body. *What a faculty is.*

Of theſe are three kindes in every perfect body; that is, the Animall, Vitall, and Naturall, which have a certaine ſimpathy one with another; for if one be hurt all the reſt ſuffer with it. The Animall is that which proceeds from the proper temperament of the braine, and yields knowledge, ſenſe, and voluntary motion; and this is of three kindes: 1. Moving, which remaines in the Muſcles and Nerves, as the fit inſtruments of voluntary motion. 2. Senſative, which conſiſts in the five externall ſenſes, Sight, Hearing, Taſte, Smell, and Touch. 3. and principall, which comprehends the reaſonable faculty, the memory, and fantaſie. The Animall faculty being thus ſeated in the braine, ſends from thence ſence and motion by the nerves or certaine chanels into the whole body: But the Vitall faculty is that which ſendeth life to every member of the whole body, and maintaines the eſſence of the ſpirits; and this hath his ſeat in the heart, from whence he ſends heat through the arteries to every part of the body, and is much hindred by diſeaſes in the breaſt. *The animall faculty.* *Vitall faculty.*

The naturall faculty is that which carries the nouriſh- *Naturall faculty.*

ment into all the members of the body, and this claimes his place in the liver; it is by *Avicen* and moſt of the ancient Philoſophers concluded, that this naturall faculty is divided into two parts, whereof one is the preſerving of life and health unſeparable, and to nouriſh the body as comming from the fountaine and mint of nouriſhment; the other is the preſerving and maintaining the forme and ſpecies made in generation: Firſt, by drawing the ſeminall matter from the humours of the body, and converting it into the humour called *innominata humiditas*. Secondly, by forming this ſeminall matter in the veſſels and teſticles. Thirdly, by reducing the ſeminall matter into ſimple members. Fourthly, by forming it (at the command of the Creator) into his Image and likeneſſe: but I will only ſhwe you what faculties attend on theſe before named; and for the reſt I ſhall referre the deſirous to *Galen in libro de Hippocrat. & Platonicis dogmat. li. 9. de curan. morb. cap. 10. & lib. de potent. natural.* It being more then my brevity will permit me to ſpeake of.

Thoſe faculties therefore that attend the forenamed three, are in number foure, *viz.* Attractive, Retentive, Digeſtive, and Expulſive: The Attractive drawes that juice which is moſt fit to nouriſh the body by heate, and as it were a kinde of violence, and is made three manner of waies; 1. by heat, 2. likeneſſe of ſubſtance, 3. and to fill up vacant places, it is ſaid to be by heat, as when frictions and rubbings are applied to any part of the body, hot emplaſters or veſicatories, by which the native heate is encreaſed, and nouriſhment is drawne to the part, after which manner all the other parts draw: The likeneſſe of ſubſtance is a certaine inexplicable propriety

priety following the same forme, and similitude, as you may perceive in the loadstone, amber, and purgations, which draw nourishment from the part, not confusedly, and indifferently, but definitly and with a desire even as a familiar friend; a part therefore drawes nourishment by heat, but by the similitude of substance it drawes this or that nourishment such as is most fit for it, as the braine drawes phlegmaticke blood, the lunges cholericke blood; after this manner the liver drawes the Chyle, the reines, the urine, for every one drawes that it may get thereby, as the bladder of the gall drawes the gall, and delights in it because of the similitude of the substance and the propriety of the matter received to the place receiving. Now the attraction to fill up vacant places is made by the desire the naturall parts have to shunne the fault of vacancy, so that the light are carried downewards, and the heavy are raised upwards, by the ordination of nature; to that end, and in this manner doe the heart, arteries, and lunges attract aire to temper, and qualifie the native heat.

But because the parts cannot enjoy their nourishment that they have acquired, unlesse the attracted be somewhile staied, for every action hath his time, therefore nature like a good and skilfull workeman hath given every part a faculty of holding and retaining the nourishment, untill it be made perfect by concoction into the forme of Chyle, it is helped by coldnesse and drynesse.

The digeive faculty, is that which turnes the nourishment (brought in by the attractive faculty and retained by the retentive faculty) into a fit substance, for that part whose faculty it is, as from the stomacke the nou- *Digestive faculty.*

riſhment is turned into Chyle, from Chyle the digeſtive faculty in the meſeraicke veines, turnes it into blood, which by a third kinde is brought to the members, and aſſimulated to them and converted into the ſame ſubſtance, as may be perceived in the paps of women, and teſticles of men.

Expulſive faculty.

And becauſe from aboundance of excrements proceed many dangerous diſeaſes, and that no nouriſhment whatſoever but hath his fæces, therefore hath nature placed the expulſive faculty, which is only appointed to expell thoſe ſuperfluities, which by no action of heat can obtaine the forme of the part; and thus the wombe at the appointed time doth ſend forth the infant by a moſt vehement expulſive faculty. Now if any of theſe faculties be wanting in a body, the health muſt needs decay for want of nouriſtment; but if theſe faculties doe rightly performe their duties, then the nouriſhment is changed into the proper ſubſtance of the part, and truly aſſimulated to it.

CHAP. VI.

Of the Actions.

What an action is.

THE next thing we muſt ſpeake of, is of the Actions which ariſe from the aforeſaid faculties; for as a faculty depends on a temperament, ſo an Action depends on a faculty; and therefore it is called an active motion, proceeding from a faculty; for let the faculty be removed away, and there

there will be no action: Theſe actions are three in number, Animall, Vitall, and Naturall, which are called alſo Simple, and Compound; ſimple, to whom one alone operative faculty with its naturall inſtruments doth concurre; as, *Simple actions.*

Attraction.	which is	Attractive.	by	Heat and drineſſe.
Retention.	cauſed of	Retentive.		Cold and drineſſe.
Digeſtion.	the facul-	Digeſtive.		Heat and moiſture.
Expulſion.	ty,	Expulſive.		Cold and moiſture.

The compound is made either of two faculties, as the naturall deſire of meat proceeds from the attractive, and ſenſative faculty, by which the ſtomackes feeles emptineſſe, for five naturall motions goe before the naturall deſire: As Firſt, the emptineſſe of the members: Secondly, the Attraction or ſucking of the members by the veines: Thirdly, the attraction of the veines from the liver: Fourthly, the ſucking of the liver from the ſtomacke by the meſeraicke veines: Fithly, the ſenſe and feeling in the ſtomacke, from whence proceedes the naturall deſire of meat. This compound may be made of more then two faculties; as the carrying, which is as much to ſay as the helping forward of the nouriſhment in its paſſage to the members, and the egeſtion of the excrements and urine, which is made three waies; by the ſenſative that feeles the burthen; by the appetitive, or deſiring, which deſires to be eaſed; and the expulſive which expelleth and driveth the excrement to the inſtrument. *Compound actions.*

Actions are either voluntary or naturall; the naturall are performed againſt our will, as the continuall motion and pulſation of the heart and arteries, and expulſion *Naturall actions.*

of excrements, and theſe actions flow from the liver and veines, or from the heart and arteries; and therefore are they called naturall and vitall actions. The unvoluntary vitall actions be the dilatation & contraction of the heart and arteries which we commonly call pulſe, by that they draw in, and by this they expell or drive forth. The unvoluntary vitall actions be generation, which proceedeth from the generative faculty, and growth, and nutrition, which proceedeth from the growing and nouriſhing faculty.

Generation. Generation is a producing of matter, and introducing of a ſubſtantiall forme into the ſaid matter.

Growth. Growth is an inlarging of the ſolid parts retaining ſtill both the figure and ſolidity, as the bones whole encreaſe the whole body followes.

Nutrition. Nutrition is a perfect aſſimulation of that nouriſhment which is digeſted into the nature of the part which digeſts, and is performed by the foure aforeſaid actions, Attractive, Retentive, Digeſtive, and Expulſive.

Voluntary motions. The voluntary motions we willingly performe, are three; the ſenſative action, the moving action, and the principall: The ſenſative comprehends all the five ſenſes; ſight, hearing, taſte, ſmell, and touch, to the performance whereof neceſſarily occurre theſe three; 1. the organe, 2. the *medium*, or meane, 3. the object.

The organe is the animall ſpirit diffuſed all over the body; the meane carries the object to the inſtrument; the object is an externall quality that can by a medicine ſtirre up the organe; as for example, ſight is the ſeeing faculty, acted by the eye which is the organe; the object

is

is the viſible quality before the eye, the *medium* arrives the object at the eye.

The hearing faculty whereof the eare is the organe, every ſound the object, the *medium* is the ayre that carries the ſound to the eare.

The ſmelling faculty commeth from the mammillary proceſſes produced from the proper ſubſtance of the braine, and ſeated in the upper part of the noſe, the object is every ſmell; the *medium* by which it is carried, is to men, birds, and beaſts the aire, to fiſhes the water.

The action of the taſte is performed by the tongue; the object is the taſte of ſeverall meats and drinkes; the *medium* is either externall, as is the ſpittle that doth moiſten the tongue, or internall, as the ſpongy fleſh of the tongue it ſelfe.

All parts endued with a nerve, enjoy the ſenſe of touching, the object is every tractable quality, as heat, cold, roughneſſe, &c. The *medium* is either the skin or the fleſh endued with thoſe nerves.

The next action is voluntary motion, and is performed by a muſcle (as I ſhewed you in the Chapter of Parts or Members) either by extention, or contraction, upward, downeward, to the right hand, to the left hand, forward, or backward.

The principall action is threefold; 1. Imagination, 2. Reaſon, 3. and Memory.

Imagination is a certaine diſtinguiſhing apprehenſion.

Reaſon is a certaine judiciall eſtimation of things apprehended.

Memory is the ſure ſtorer of all things, as in a magazine, which the minde oft unfolds.

CHAP.

CHAP. VII.

Of Spirits.

What a ſpirit is.

THE Spirit is the ſubſtance ſubtle, and aerious of our body, bred of the moſt pure, and thinne bloud, and is the prime inſtrument wherby the members ſhall performe their office, and they abide moſt in the heart and arteries, in the braine, and nerves.

Diviſion of ſpirits.

The Spirits are divided into three parts; animall, vital, & naturall; the animall is ſeated in the braine for there it is prepared and made, and of which a great part is ſent to the eyes by the nerves optickes, and ſome to the eares, and divers other parts: this kind is called animall becauſe it is the chiefe, and prime inſtrument of life.

Animall ſpirit.

Vitall ſpirit.

The vitall ſpirit hath his chief manſion in the left ventricle of the heart, and in the arteries, and is made of the evaporation of the bloud, and furniſhed with matter from the aire which we draw in breathing, and is ſent from his ſeate in the heart through the channels of the arteries into the whole, for the conſervation of naturall heate.

Naturall ſpirit.

The naturall ſpirit is engendred in the liver and veines, and there remaines while the bloud is made, and other naturall operations perfected: the uſe of it is to helpe the concoction both of the whole body, and of each ſeverall part, and to carry blood, and heate to them.

Theſe

Theſe ſpirits being diſſipated, we cannot hope for life, becauſe the flower therof is decaied, and waſted in their defect.

Now to theſe naturall things which I have ſhewed you, are aſſociate, and joyned theſe foure following, *viz.* Age, Colour, Figure, or Scite, and Kinde, or Compoſure.

Age, is a ſpace or part of our life, in which our bodies are ſubject to mutations, and of this I have ſufficiently ſpoken before.

The Colour, ſhewes the temperament of the body, and the juſt proportion of humours; as if there be a juſt proportion of the foure humours, the colour is red; if aboundance of melancholy, the colour is livide and blacke; if aboundance of choller, the colour is citrine and yellow; if phlegme, the colour is white and pale.

Scite and figure, ſhew the good compoſure and connexion of all the parts of a body fitly and duely compacted as they ought to be; of this kind there are foure, quadrature, craſſitude, or thickeneſſe, extenuation, and fatneſſe.

Sex is the diſtinction betwixt Male and Female, not in parts, but in conſtitution; as the Male is commonly hot, the Female cold, and ſo are Eunuches.

CHAP. VIII.

Of things not naturall, which is the ſecond part of Phyſicke.

HAving ſhewed you things naturall, whereof mans body is compoſed, and what they are, as Elements, Humours, &c. as we formerly comprehended under the name naturall; we will now proceed in the deſcription of things not naturall, which are uſed to conſerve and defend the body compoſed and made of the things naturall already ſpoken of: theſe doe pertaine to that of Phyſicke, which is for preſerving health, and are the meane betwixt things naturall, and things againſt nature, for they doe not conſtitute our nature as things naturall; neither doe they hurt or damage it, as things againſt nature, but they are indifferent good if they be well uſed, and bad if they be ill uſed; the uſe whereof we conſider from foure conditions, quantity, quality, occaſion, and manner of uſing: Theſe being obſerved, you may effect and cauſe things doubtfull of themſelves to bring undoubted health; things not naturall are in number ſix; 1. the aire that goeth about us; 2. the meate and drinke we uſe; 3. the motion and reſt of our bodies; 4. ſleeping and waking; 5. repletion and inanition, or things to be expelled, or retained, 6. and perturbations of the minde.

What things not naturall are,

CHAP.

CHAP. IX.

Of Aire.

AIRE is so necessary for us, that not one minute of health can be enjoyed without the same; as we may perceive by the continuall transpiration, and breathing that all living creatures have for their refreshing, and to regender the spirit animal, and therefore because we so often draw it in & breath it out, it wil be very necessary for our health to know what aire is wholesome, and what unwholesome, for the aire doth alter our bodies three manner of waies; by quality, as if it be horter, moister, or drier; by substance, as if it be more grosser, or more subtle then is fit; or by mutation, which any man may prove who makes a suddaine change out of a quiet aire into a stormy, and that is troubled with winds. *Aire.*

Therefore the most healthfull and best aire is that which is cleere, subtle, and pure, free, and open on every side, exempt from evill evaporations, fennes, sinkes, cloudes, rotten and carrion like smells of dead carkasses, standing pooles and all corruption, that is, neither is too hot, nor too cold, too drie nor too moist; and this aire is the best, both for the preserving of health, and curing of diseases. *The most healthfull Aire.*

The evill aire is quite contrary to the good; as that which is putride, shut, & prest up in some narrow place, thicke, rotten, neere hills, sinkes, the sea, and all such *Evill Aire.*

townes that ſtand low, and cloſe, infected with evill and noiſome ſavors; that which is nebulous, and expoſed to ſouth winde, and the mouldy putrified aire incloſed in unhabited dampe houſes and ſo wants ventulation, and it is the evill aire that cauſes townes ſcituate on or neare the ſea coaſt at the end of ſummer, and in the autumne, to be afflicted with the plague, and divers other dangerous maladies.

How the aire is changed.

Now the aire is changed five manner of waies; firſt by the time of the yeare, ſecondly by the ſtarres, thirdly by the windes, fourthly by the earth, and fiftly by fumes and vapors.

Aire is changed by the time of the yeare, as in ſpring, ſummer, autumn, and winter; the ſpring maketh the aire temperate; the ſummer maketh it hot, and dry, which ought to be corrected by things that are cold, and moiſt; the autumne cold and dry; the winter cold, and moiſt, and muſt be all corrected by their contraries.

Aire is changed by the ſtarres, by the proximity of the ſunne to them, or when the ſtarres approach neere the ſun, that is when they end their courſe ſooner then the ſunne, by whoſe nerves the aire is heate, and the further from the ſunne the colder it is.

By the windes the aire is changed, for thoſe places have the healthfulleſt aire where the windes blow freely, as in champion countries, where the people live longer and more free from diſeaſes.

Aire is alſo changed by the earth, and that is twofould, the ſcituation and the compoſure; by the ſcituation divers waies, as the altitude produces cold at leaſt ſo farre as it is habitable, and likewiſe depth procures heat; latitude either in plaines or mountaines for the moſt part

cauſes,

cauſes temperate aire, but the aire of the ſouth mountaines is cold, and unhabitable; but the north is hotter, becauſe of the reflection of the beames of the Sunne, eſpecially betwixt the north line, and Cancer: and the nearneſſe of the ſea changes the temperature of the aire, as thus: the ſouth ſea heats, and dries; the north ſea cooles, and dries: by compoſure of the country divers waies alſo is the aire changed, as by the nature wherof it conſiſts; as the rocky countries are cold, and drie; the durty clayey countries are cold and moiſt, &c. according to the complexion of the matter it is compoſed of.

Vapours and fumes of the earth alter the aire, eſpecially ſuch as proceed from fennes, moores, and other putride places, from which an evill ſavour and breath is exhaled.

Finally, becauſe aire is ſo powerfull in woundes and diſeaſes; the ancient Phiſitions councelled to change the aire if it might poſſibly be, if not, then to correct and accomodate it by art.

CAAP. X.

Of meate and drink.

Meat and drink.

NOuriſhment is another part of preſerving health, and is as neceſſary as aire is: it is either temperate, or intemperate; either of good juice or ill, of eaſie or hard concoction: The temperate is ſuch meates as taken in due order doe cauſe no diſtemper in our bodies; as is bread made

of wheate; as there are fewe temperate men, ſo there are fewe temperate meates: the intemperate are almoſt all which by ſome qualitie doe alter the ſtate of our bodies, as for example, wine, muſtard, garlicke, leekes, onyons, &c. doe heate, and ſo doth pottage made with hotte hearbes, as hiſſop, time, &c. Bread made of barley, grapes, and porrage made with coole hearbes as ſorrell, lettuſe, &c. do coole.

Some kind of nouriſhments breed phlegme, ſome choller, ſome melancholy, and ſome excrements; thoſe that generate good bloud are theſe, viz. red wine, milke, reere egges, the fleſh of hens and capons, the fleſh of birds is to be preferred before any fleſh, either kid, or veale, becauſe they generate better juice; for theſe that are fed tame in the houſe cannot be ſo wholeſome as thoſe that live in a free, cleare aire: black, and thick wines breed ill juice, the like doth oxes fleſh, goates fleſh, but worſt of all is the fleſh of bulles, foxes, and aſſes: bread that is made of yellow, and ſweete wheate, well dreſt and leavened is the beſt for nouriſhment.

What diet is beſt.

All manner of pulſe do breede wind, and increaſe melancholy: beanes that are greene are cold and moiſt and generate crude bloud and winde; drie beanes are cold and dry, the flowre wherof is much uſed in cataplaſmes that are to drie and coole, as in hot apoſtumes of the pappes: Rice is a great binder, and therfore vſed in clyſters to ſtop a laske; it generates thick juice, and obſtruction of the veines, if it be much uſed. All fiſh doe of themſelves yield a cold and moiſt nouriſhment, and much phlegme. But let the quality of meats be never ſo good, yet too much quantity taken will cauſe their nouriſhment to prove evil; for gluttony and intemperance

Pulſe.

Rice.

Fiſh.

is

is the maintainer of Phyſitians; for it deſtroies more then the ſword; but we ſhould eate to live, and not live to eate; therfore we finde it beſt for any mans health to eate ſo little as he may continually have an appetite, and to perform ſome exercise to help concoction: likewiſe to keep a due order and time of eating and drinking. As for drinke, I hold that good cleare wine that is of a good colour and taſt moderately taken doth nouriſh: alſo Beere and Ale that is old and cleane is a good drinke; but with theſe muſt alſo be obſerved a moderation, for too much drinke deſtroyeth the digeſtion, as one very well notes; that the firſt draught quenches the thirſt, the ſecond maketh man joyfull, the third drunke, the fourth quite out of his ſences. *Drinke.*

CHAP. XI.

Of Labour and Reſt.

LAbour is a vehement motion of the body untill they be (as we ſay) out of breath; for by the motion of the joynts the heat is encreaſed and carried through the veines, and arteries to the heart; from whence it is that we require a more ſtronger and oftner breathing, and by this word labour or exerciſe is comprehended all manner of running, riding, leaping, playing, wraſtling, dancing, fencing, and carrying of burthens, and is accounted very neceſſary for our health: for let iron lie ſtill and it gathers ruſt, the memory not exerciſed doth decay, ſo doth the whole body. *Labour and reſt, and what it is.*

body if it continue in idleneſſe, it gathers together much phlegme, and excrements, which would be diſſipated by exerciſe; for it doth helpe the naturall health, quicken the ſpirits, make all the ſenſes the better performe their ſeverall offices; it openeth the pores of our body, whereby all the excrements are conſumed, and waſted; and finally it comforteh all the ſpirits and members, that they may the better undergoe their functions. In exerciſe, conſider firſt, the time, which is the fitteſt before meate: and ſecondly, the manner of the exerciſe which is generall, or particular; generall, as playing at ball, and leaping; particular, as when one part only is exerciſed; as walking exerciſes the legges, fighting the armes, riding ſtirres the belly, calling and ſpeaking loude exerciſes the lungs.

To the exerciſe of the body may alſo be added rubbings, and frictions which have been in greater eſteeme then now they are, and were uſed in ſtead of exerciſes to ſuch bodies as for weakeneſſe cold uſe no other; they were performed either with the hands, ſponges, or hard linnen clothes, which if ſeldome uſed do harden and condenſate the fleſh, but if often they attenuate, rarifie, and waſte it.

Now as there are many conveniences by exerciſe uſed indue quantity, quality, and time; ſo is there many inconveniences and dangers proceeding of reſt and idleneſſe; as crudities, obſtructions, ſtones in the reines and bladder, goutes, apoplexy, and ſundry others; and it not only dulleth the principall inſtruments of our body, but alſo of our minde.

CHAP.

CHAP. XII.

Of ſleeping, and waking.

SLeepe is a reſt and quietneſſe of the whole body, and the ceſſation of the ſpirits and faculty animall from ſenſe, and motion, fortifying the ſtrength, helping digeſtion, and correcting the paſſions of the minde; it is cauſed when the braines are poſſeſſed with vapours that aſcend, which by the coldneſſe of the braines are turned into humours, which cloſe the conduits of the nerves; for when we are waking, the animall faculties, as ſence, motion, and all are at worke; but when we are ſleeping, the natural functions are better performed, becauſe the heate goes into the bowells whereby is made digeſtion, which cannot be made by ſleepe in the day ſo well; for the Sunne drawes the heate and ſpirits into the outward part of the body; and therefore ſleep in the day is counted hurtful, becauſe being wakened by noiſe, or by the attraction of the ſpirits by the Sun, the concoction begunne is not perfected, but the ſtomacke filled with crudities, and ſower belchings, the braine filled with groſſe vapours and excrementitious humidities, and is the cauſe of divers ſickeneſſes, as catarrhes, &c.

What ſleepe is.

Sleepe in the day is hurtfull.

But though ſleepe in the night time be counted and eſteemed wholeſome; yet except it be reſtrained within certaine limits, it will prove otherwiſe; therefore eight houres is ſufficient, for longer time hinders the

evacuation of the excrements, both upwards and downwards; and the naturall heate which is never idle, drawes from them ſome ill vapour into the veines and principall parts of the body, to become ſome matter for a diſeaſe.

How to ſleepe. Alſo in our lying downe to ſleepe we muſt obſerve this rule; firſt to lye one our right ſide, that the meat may fall more eaſily into the bottome of the ſtomacke, which is hotter; about an houre after is good to turne on the left ſide, that ſo the liver may with its lobes as with hands imbrace the ventricle, and as a fire under a Furnace may haſten digeſtion; lye in no wiſe on your face, nor on your backe, for the firſt cauſeth defluxions in the eyes, the other inflammations in the reines, and ſtone, palſies, convulſions, and all diſeaſes that proceed from the ſpinall marrow; neither muſt we lye with our hands under our head, for that cauſeth defluxions of humours on the lights, nor ſleepe ſoone after meate: painefull ſleeping in ſickeneſſe is no good ſigne, but altogether dangerous; not painefull is a good token.

Dreames. By dreames we often know the humour that hath dominion, and is ſuperfluous in the body; for the ſanguine dreames are of marriages, mirth, dancings, gardens, and things pleaſant, and libidinous: Cholericke dreames are fiery, bright, ſhining, burning, full of noiſe, and contention: Phlegmaticke dreames are cold, of flouds, ſnowes, waters, ſhowers, and falling from high places: Melancholicke dreames are ſad, of caves, priſons, thicke darkeneſſe, ſmoakes and diſmall things.

Waking. Much waking corrupteth the braine, and hurts the temperature thereof, debilitateth the ſenſes, alters the ſpirits,

ſpirits, moveth crudities, breedeth heavineſſe of the head, falling away, and waſting of the fleſh, and diſſipateth the naturall heat, and maketh ulcers very rebellious, and difficult to heale.

CHAP. XIII.

Of Repletion, and Inanition.

REpletion or fulneſſe is made two waies; either in quantity, or in quality; in quantity, the body being diſtended with too much meate, drinke, and humours, and in ſo great a quantity that nature cannot overcome, from whence proceed infinite ſorts of maladies: in quality, when the meat exceedeth without any defluxion or ſociety of any humour; fulneſſe in quantity is either *Repletio ad vaſa*, or *ad vires*, fulneſſe to the veſſels: as when the ſtomacke and veines are ſo full that they are diſtended and ſtretched, that ſome are forced to vomit up againe that which they have taken in ſo great quantity; fulneſſe to the ſtrength, is when the body is loaded with more meats than it can well beare, or the vertue, force or faculty thereof digeſt: There is alſo a fulneſſe of humours cauſed ſometimes by one humour, ſometimes by all; when it is by one humour, it is called *cacochymia*, that is an evill juice, whether it proceed from a chollericke, phlegmaticke, melancholicke, or ſerous humour; fulneſſe that is cauſed by all *Of fulneſſe.*

the humours is called *plethora* by the Greekes, in Latine, *plenitudo*, becauſe it is an equall exceſſe of all the humours.

Plenitude what it is.

Inanition or evacuation is the expulſion of humours & excrements which are troubleſome either in quantity, or quality, and this is either univerſally or particularly; the univerſall evacuation is the cleanſing of the whole body from ſuperfluous humours by purging, vomiting, ſweating, opening a veine, ſcarification, friction, bathing, &c. the particular evacuation is only by evacuating, and purging ſome one part, as the braine is diſcharged by the noſe, pallat, eyes, and eares, the lights by ſpitting, the ſtomacke by vomiting, the inteſtines by ſtoole, the liver, ſpleene, kidneyes, and bladder by urine, and this is done either naturally, or artificially, the Phyſitions art helping nature to performe it.

Evacuation.

Evacuation is very neceſſary to prevent diſeaſes, becauſe excrements are the originall of divers, therefore it is chiefly commanded that the body be purged, & exonerated; ſome excrements are good, which are only in quantity excrements, as ſeed and menſtruous blood; others are altogether unprofitable, which are excrements both in quantity and quality, as ſweat, urine, and ordure, which are (as I have ſhewed you) generall, and the evacuation of the braine which is particular: Firſt therefore, the retention of the ſeed doth acquire the force of poiſon in the body, as it happens in young widdowes that ſuffer ſuffocation in the wombe; ſo likewiſe the overmuch flowing thereof hurts the body as much, for they had as good loſe ſo much bloud: this you may perceive in ſparrows, which ſcarce are known to live above two yeares, and the males leſſe; therefore whoſoever

whoſoever deſire to preſerve their health, let them not uſe venery but only to ſatisfie nature, that is for neceſſity, not for pleaſure: alſo thoſe that are melancholicke and cholerick are more prejudiced hereby then the phlegmatick, or ſanguine; for the phlegmatick, are freed from many diſeaſes, becauſe the naturall heate encreaſed expels phlegme: Age is alſo to be conſidered, for young men that are in their flouriſhing age ſuffer more hurt then old men, that are cold and drie. *Veneris.*

The immoderate and overmuch uſe of venery procures divers diſcomodities, as the faintneſſe of the ſpirits, forgetfulneſſe, loſſe of ſight, ſtinking of the mouth, diſeaſes of the joynts, as trembling, palſey, gowtes of all kindes, both in feet, hands and fingers, crampes, runing of the reines, piſſing of bloud, ſhedding of urine unvoluntary, and divers times the French pox, with exulceration of the privities.

The monthly purgation, evacuates not onely the humours and ill juice of the belly, but alſo it cleanſeth the body, and whole maſſe of bloud; it diminiſheth not the bloud at all, but only taketh away the impurity thereof, for the crudeſt, thinneſt, and the moſt fæculent bloud is purged by the wombe, which if it ſtayed, would generate many dangerous diſeaſes by its putrefaction; for bloud reſtrained putrifies, therefore in ſuch, that often miſſe their naturall purgations, it is very fit, and neceſſary that they take decoctions, ſirrups, or pilles, ſuch as are to provoke them. *Menſtruum fluxe.*

Now for the evacuation of tumours, I have ſeene divers that have dyed by the unskilfulneſſe of ſuch as had them in cure, or elſe by their careleſneſſe, by letting the matter flow forth altogether at one time (and not by

little and little, and at ſeverall times as it ſhould) whereby not a little quantity of the ſpirits, and heat hath flowed out therwith, and ſo conſequently a diſſolution of all the powers.

CHAP. XIV.

Of paſſions and perturbations of the mind, which are commonly called the accidents of the mind.

Accidents of the mind.

Erturbations or paſſions of the mind, are the ſuffering of the mind, either by joy, hope, love, hatred, anger, and the like, which bring great mutations in the body moſt neceſſary to be remarked, becauſe of the great chances that enſue thereupon: for by theſe motions the heate and ſpirits are ſometimes gently, ſometimes violently diffuſed over all the body, for enjoying of the preſent or future good, or by receiving any affront, whereby many have ſo exceedingly been moved, that they have died.

What joy is.

Ioy is an affection of the minde, of a thing good, and pleaſant, which recreates and quickens all the faculties, and ſtirres up the ſpirits; for it proceeds from the heart mooved by the facultie at the thing cauſing mirth, and the heart thus mooved is dilated and ready to receive the exhilarating object, and by the force of the dilatation, it ſends forth much heat and ſpirits together with the bloud into all the body, inſomuch that oftentimes death enſues, becauſe the heart is altogether deſtitute of bloud.

Anger

Anger, is a ſuddaine revocation or calling back the ſpirits to the externall parts with a deſire of revenge; it cauſeth the ſame effuſion of heate in us as joy doth, but farre ſpeedier; it inflameth the whole habitude of the body, ſpirits, and humours, and alſo the braines, and nerves. *What anger is.*

Sorrow, dries and waſtes the body by a lingring conſumption, becauſe by it the heart is ſtraitned, the heat extinct, and the ſpirits cannot be generated, nor if any be, yet they cannot freely paſſe into the members with the bloud. *Griefe.*

Feare, is a motion which calles back and drawes in the ſpirits to the heart by the arteries, and not by little, and little, as ſorrow, but ſuddenly, and violently which ſuffocateth the naturall heate, cauſeth trembling, maketh the face pale, and the extreame parts cold, with an univerſall ſhaking and pulſation of the heart. *Feare.*

Shame, is a motion of our body, mixed of anger, and feare; anger for being ſuſpected or knowne in a fault, and fearing the judgement of others; if feare prevaile over anger, the face waxeth pale, the bloud running back to the heart, but if anger get the dominion, then on the contrary, the bloud runnes to the face, and the eies look red; but there is another kind of ſhame which we call ſhamefaſtnes, in which the bloud goes, and comes forward, and backward, but it is a gentle motion not hurting the heart, and is familiar to yong maids, who often bluſh by being taken with a fault unawares. *Shame.* *Shamefaſtnes.*

Theſe things ought to be conſidered by every practitioner in the curing of any diſeaſe; for if any accident happen that ſhall procure any one or more of theſe perturbations and paſſions, you ſhall eaſily perceive a ſuddaine alteration

alteration in the patient: Next I shall shew you the things against nature, which are such as are apt to weaken and corrupt the state of our body.

CHAP. XV.

Of things against nature, which is the third part of Physicke, and first of a disease.

What are things against nature.

THings against nature are three; a disease, the cause of a disease, and a symptom.

What a disease is.

A Disease is an affect against nature, which manifestly hurteth the operations of the body; health is an effect according to nature perfecting the actions of our body: A disease is threefold, distemperature, evill conformation, and solution of continuity; distemperature is a disease, of the similar parts, of it selfe hurtfull; diseases of the similar parts are as many as there are distemperatures, and so many distemperatures as there were at the first, kindes of temperaments; whereof foure are simple, as hot, cold, moist, and dry; as many are compound, as hot and moist, cold and dry, cold and moist, hot and dry; the distemperature is called hot, when the naturall heat is augmented and encreased so much either in all or in part, that it hurts the operations, and so of the rest.

Distemperature.

Evill conformity.

Evill conformity is a fault of the organick parts, and ind is called a disease in number, as when some thing abounds,

abounds, or ſomewhat wants that is needfull towards the undergoing of the function of the organick part; as if a hand have foure or ſix fingers, it cannot ſo well take hold on any thing; if a man have but one teſticle or more then two, he is not ſo fit for generation: Alſo ſuch things as grow againſt naure and adhere to ſome part, as a polypus in the noſe, a caruncle in the conduit of the yard and the like; theſe are diſeaſes in number, but if a member be cut off either in part or in all, it is a diſeaſe of defect, and of this ſort are all ſuch things as are contrary to nature, as the ſtone, wormes, and the like: likewiſe if an arme or a legge be too long, or too ſhort, or if any part be either bigger or leſſer then is neceſſary, it is called a diſeaſe of greatnes; for nature hath given to every part a certaine kind of ſpecies, and bignes, which if it exceed, or be leſſe, then it is not right: if the teſticles, pappes, or the belly wax ſo big, that the actions are therby hindred, it is called a diſeaſe of encreaſed greatneſſe in one part, as when the tongue is longer or ſhorter then it ſhould be, it hinders the ſpeech; But beſides the number of the parts, and the juſt number of the parts, and the equall proportion, it is required, that they have a right ſcituation, and that they joyne all together as nature hath appointed in a well compoſed body; from hence it is that if any member be out of joint, if the inteſtines fal down into the flanck or cod, if the right gut come out, it is called a diſeaſe in ſcituation, wherto pertains the growing together of the lips, fingers, and ſecret parts of women, eyther from the birth, or by an ulcer.

Beſides number, magnitude, and ſcituation is alſo required, a conformation of the inſtrument, which conſiſts of foure things; 1 the figure, 2 the cavity, 3 the ſmoo-

neſſe, 4 the roughneſſe: ſome have their noſtrils either by nature or accident depreſſed and cloſed, ſome their noſe either turning too much up, or preſſed too much downe, which we call a diſeaſe in figure, alſo crooked legges are called a diſeaſe in figure; if the pores of the skin, the veines, arteries, nerves, or uceters, are too big and wide, or too narrow, and ſmall, or cruſhed by ſom neighbouring part, it is called a diſeaſe in the paſſage, or hollownes, the like if the guttes are ſtopped: when the part made by nature light, becomes heavy; as the *aſpera arteria*, whoſe inner coat ought to be light, if it be made heavier, or ſharper by ſome acride diſtillation, or if the part which ought to be rough, as the ventricle, wombe, and guttes, the better to containe, if they be made light or ſmoth, as it happens to the guttes affected with a fluxe, and to women with child, who miſcarry by reaſon of the ſlipperineſſe of the wombe, it is called a diſeaſe of roughnes, or ſmoothnes.

A diſtemperature only hurts the actions of the ſimilar parts; an organicall diſeaſe hurts the inſtrument: but a ſolution of continuity, as an ulcer, a wound, a fracture, a luxation, and tumors againſt nature, doe hurt both the operations of the ſimilar parts, & trouble and hinder the uſe of the inſtruments, and therfore are called common diſeaſes; a fracture in a bone is called a ſolution of continuity, in a nerve a convulſion, in a ligament a divulſion, in the skin the excoriation, in the fleſh a wound, ulcer, rupture, contuſion, a rupture of the fleſhy part, as of a muſcle, and ſometimes of a veine or artery is a ſolution without a wound; a wound is a ſolution of continuity in the fleſhy part from an outward cauſe, an ulcer from an inward cauſe, as a ſharp corroding humour.

A ſolution of continuity.

CHAP.

CHAP. XVI.

Of the causes of diseases.

THE cause of a disease is an affect against nature which causes the disease, which is either externall or internall: the externall is that which is outwardly and evidently upon our bodies, as strokes, falles, shot, woundes, &c. the internall have their seat in the body, and are divided into an antecedent, and a conjunct; the conjunct is it which neereſt and immediately causes the disease, as the bloud, which causeth a phlegme: the antecedent doth not actually cause a disease but procures matter and stirs it up almost to the making of a disease, but between it and the disease are some causes placed, as aboundance of humours, and ill digestion, and these things must chiefely be considered, before we think of expelling the disease, because diseases are first cured by removing the cause antecedent, and then the causes conjunct: The externall ought to be knowne because they breed diseases internall and wonderfully change the body, therefore to be sought with all diligence, that they bring us to the knowledge of the hidden internall diseases: The externall are either not to be avoided and amended, but necessarily enter into our bodies, as aire, meat, and drinke, labour, and rest, sleepe, and watching, repletion, and evacuation, and perturbations of the minde;

The causes of diseases.

How to remove a disease.

or to be avoided, and unnecessary, as warre, wounds by swords, or stones, and the like.

The cause of a disease commeth sometimes from the corrupt matter whereof they are generated, as when either the father or mother is not sound, then needs must the seminall matter be infected, and thus the disease is called hereditary, some are ingendrd after our birth; as by the evill regiment of life, by strokes, falls, &c. as you have heard.

CHAP. XVII.

Of a simptome.

What a Simptome is.

THere is (as I have shewed you before) three affects contrary to nature; the cause of a disease, the disease, and a simptome; the cause goeth before the disease, a simptome accompanies it, just as the shadow goeth with the body: in the generall signification it is called any thing whatsoever that chanceth to man contrary to nature, for whether it be cause, or a disease, yet if they come in a disease and are over, and above nature, they are properly called simptomes.

There be three kinds of a simptome; first when the action is hurt, which may be done three waies, they may be abolished, diminished and weakned or depraved; as when an eie is blind, the action of seeing is depraved, or abolished,

abolished; dulnesse of sight is a diminution or weakning thereof, and a suffusion which happeth in the beginning of a cataract is a deprivation of the sight.

The second is the immoderate evacuation or retention of excrements, as by retaining such as should be evacuated, and expelling those as should be retained; as bleeding in a sound healthfull body that is not plethoricke, and retention of the courses in women, urine, and stone in the bladder.

The third is a simple affect of the body, or a mutation of some qualities contrary to nature, as the scabbe of the flesh to a leprosie.

Thus I have shewed you the briefe introduction to the art of physick, wherof I have only gathered together the chiefe and principall heads, because it is so largely discoursed on by others, yet out of such a magazine, I thought it not amisse to extract a small proportion, briefely to instruct the practitioner in the chiefest things belonging and necessarily to be considered in the administration of medicaments; for the chiefest thing that belongs to a Physition is to know the causes of thinges, which the antient Philosophers got by admiration of the fabrique; next I shall shew you the exposition of some wordes difficult to bee understood, and so (as breifely as I can) proceed to the medicaments.

CHAP. XVIII.

CRiticall daies be such daies on which there is or may be perceived some manifest alteration in a sick body, either to health, death, or continuance of sickness, and are very necessary to be observed; the critick day doth often happen after the beginning of the sickness, the 3.5.7.9.11.14.17.21. 28. day, in which daies neither medicines, nor bloudings should be used, neither any naturall, or voluntary evacuation be stopt, as flux of the belly, bleeding at the nose, urine, sweate, vomiting, flux of the hemorrhoids or courses in women; some follow the Egptians rule in observing certaine daies, wherin if any fal sick or be hurt they shall hardly escape, which are these, the 1. and 7. of *January*, the 3. and 4. of *February*, the 1. and 4. of *March*, the 8. and 10. of *April*, the 2. and 7. of *May*, the 10. and 15. of *June* the 10. and 13. of *July*, the 3. and 2. of *August*, the 3. and 10. of *September*, the 3. and 10. of *October*, the 3. and 5. of *November*, the 7. and 10. of *December*; As likewise the 10. of *August*, the 1. of *December*, and the 6. of *April*, are observed by Philosophers as perillous to take any surfet therein by overmuch eating: It is likewise observed by an antient Philosopher *Arabian*, that there are three mundayes in the yeare very unfortunate either to let bloud or begin any worke of importance *viz.* the first munday in *April*, on the which *Caine* was borne, and his brother *Abel* slaine: the first munday in *August*, the which day *Sodom*, and *Gommorha* were consumed: And the last munday of *December* on the which

Ill dayes.

Judas

Judas Iscariot was borne, who killed his father, married his mother, and betrayed his master, our Saviour. And these three mundaies with Childermas day which is the eight and twentieth of *December*, are by divers scholars held unfortunate to all men, and subject to divers mishaps. Some daies there are also which are observed by old writers to be very fortunate daies, for any busines to be undertaken in; also that children borne in those daies should never be poore, children put to schoole in those daies should be rich and the like: the daies are these; the 3. and 13. of *January*; the 5. and 28. of *February*, the 3. 22. and 30. of *March*; the 5. 22. and 29. of *Aprill*; the the 4. and 28. of *May*; the 3. and 8. of *June*; the 12. 13. and 15. of *July*, the 12. of *August*; the 1. 7. 24. and 28. of *September*; the 4. and 15. of *October*; the 13. and 19. of *November*; the 23. and 26. of *December*; and this shall suffice for the opinions of the more curious sort of the learned. Of the fourth part of Physick which is of the signes of diseases presaged by the urine, stoole, pulse, sweate, vomite, bloud, astrologicall signes, crisis, &c. I shall treate of in the next impression, having not so much time now as scarce to finish the fift part as it should be. *Good daies.*

CHAP.

CHAP. XIX.

Bleeding.

PHlebotomie or bloudletting is an inciſion artificiall of a vein evacuating the bloud with the reſt of the humors: it was firſt invented by the river horſe inhabiting in *Nilus* that famous river of Egipt, who when he findes himſelf charged with overmuch bloud, By rubbing his thigh againſt the ſharp banke opens a veine, and diſcharges the ſuperfluous bloud, which he ſtoppeth likewiſe when he ſees convenient time by rowling it in the thicke mud.

Phlebotomie is not uſed in children before 14. nor in old men after fourſcore without great neceſſity; alſo the ſtrength of the party muſt be conſidered that the quantity of bloud evacuated may be according; and if it be only for preſerving of health, let it be neither in ſommer nor winter but in the ſpring time, and in the morning before the day grow hot.

The veine in the forehead being opened is good for paine in the hinder part of the head, which place firſt ought to be fomented with warme water: The veines of the tongue are opened aſſant in a ſquinancy, without any ligatures about the neck; the inner veine of the left arme is opened for diſeaſe in the lunges; the liver is purged by the inner veine of the right arme; the wombe by the veine under the ankle; but for the gout, or megrim, it is not amiſſe to open the veine of the part affected.

Draw bloud from the ſanguine, the moone being in *Taurus*, *Virgo*, or *Capricorne*; from the phlegmatick in *Aries*,

Aries, or *Sagittarius*; from the cholerick in *Cancer*, or *Piſces*; from the melancholicke in *Libra*, or *Aquarius*, but beware you open not a veine in that part where the ſigne is, becauſe it hath beene often found very dangerous, unleſſe neceſſitie urge, but by no meanes let it be upon a criticall day; for then it is not good to adminiſter any medicine, purge, or bleed, as I ſhewed you before. Three daies were obſerved of the antients wherein they would by no meanes let bloud; the firſt of *Auguſt*, the fourth of *September*, the eleventh of *March*.

Now bloud is let by opening of a veine for five principall reſpects, the firſt is to leſſen the abundance of bloud as in phlethorick bodies: The ſecond is to divert, as when a veine in the right Arme is opened to ſtay the bleeding of the left noſtrill. The third is to allure or drawe downe, as when the ſaphona is opened to drawe downe the courſes in women: The firſt is for alteration or introduction of another quality, as when in ſharpe feavers a veine is opened to draw out that bloud which is hot, and coole that which remaines behind: The fifth is to prevent diſeaſes, as in the ſpring and autumne we open a vein in ſuch as are ſubject to ſpitting of bloud, ſquinancie, plurifie, falling ſickneſs, apoplexie, madneſs, gout, or in ſuch as are wounded to prevent inflamation.

Arteriotomie is the inciſion of an Artery and is much uſed now a daies chiefely in the temples, and behind the eares, for catarres, and defluxions in the eyes, breaſt, and maladies of the head, and inveterate headach.

CHAP. XX.

BOxing or cupping is the application of ſome inſtrument, either for the evacuation of ſome humour under the skinne, or to divert the courſe of ſome humour to an other part, and to draw away ſuch things as are hurtfull to nature; they are for the moſt part of glaſſe with wide bellies, and are ſometimes applied with ſcarification and ſometimes without: the way to apply them is thus, put into the glaſſe a little dry flax and ſtick it to the bottome of the glaſſe with a little wax, then light the flax with fire and apply the glaſſe to the place, when the fleſh is ſwolen up, preſſe it about the edges, and the glaſſe will fall off: then with an inciſion knife ſcarify the place a little, and apply the cupping-glaſſes as before, and draw as much bloud as ſhall ſeeme convenient; then drie the place with a ſoft cloth and anoint it with oyle of Roſes and ſleepe a while after.

Leaches Where cupping-glaſſes cannot be applied there we put horſeleaches as to the gums, noſe, fingers, wombe, and fundament; anoint the place firſt with the bloud of ſome other creature that they take hold the more egerly, and apply them to the place holding them in a linnen cloth, for if you handle them in your bare hand they will be ſtomachfull, and will not bite; when they are filled with bloud and fall off, then either apply more leaches or elſe cupping-glaſſes; to cauſe them to fall off, you ſhall put ſome powder of aloes, ſalt, or aſhes upon their heads, alſo if you deſire to know how much bloud they have

have ſucked, ſprinckle them with ſalt powdered, and they will vomite it up againe, if you cut off their tailes as they are ſucking they will have no end of ſucking untill you put them off, if the part bleed much after the leaches are off, you ſhall cleave a beane in two, and preſſe the one halfe upon the place and binde it on, or burnt cotton, applied will ſtay it.

What leches are the beſt.

Note that thoſe that have the head greater then the reſt of the body, and are greene coloured, glittering with blewe raies on the back the reſt of the body being black, are in no wiſe to be applied to any place for they are very dangerous; but chuſe ſuch as are found in cleare water in ponds, and ſandy ground, that have their heads little and bodies ſmall, round, red bellied, the backs ſtriped like threads of gold, and theſe muſt be kept in a jarre glaſſe in cleane water, changing the water once in two or three daies, putting into the water a fewe crummes of white bread.

CHAP. XXI.

Making of iſſues.

THat kind of potentiall cauterie which is uſed now adaies amongſt the common ſort is only to make an iſſue either in the legges, thighes, or armes, to cleare the bloud by ſome diſeaſe corrupt, or to draw humours from ſome place, and is done after this manner: Take the bark of an aſh tree and burne it to aſhes, then immediatly while they are hot binde them up, hard in a linnen cloth, the bignes of a piſtoll bullet, and (having marked the place) you

shall dip the cloth into warme water and so hold it very hard upon the place with the other hand on the contrary side, that so you may hold it the harder: hold it thus about halfe an howre or something more, and then it will have mortified the place that it will look black, then take away the caustick and apply two Ivy leaves pricked with a sharp stick, or bone, and over it browne paper with a compresse of linnen cloth, and so bind it up, dresse it twice a day untill the core come out which will be in 6. or 7. days; then put into it a white pease or a bullet made of white wax, and dresse it as before; if it chance to grow over with proud flesh, you may rowle your pease in burnt Allome powdered, and so put it into the issue.

To know the right place wherein to make an issue.

You shall know the right place thus; put your finger on the inside of your thigh three or foure fingers above the knee, and move the leg up and downe, and if you feele no nerve nor muscle move under your finger, there you may safely apply your cauter; and if it be sore before the core come out, you shall anoint it with *unguentum album*, or populson, described hereafter.

CHAP.

CHAP. XXII.

Weights and meaſures uſed in phyſick are theſe that follow with their marks and notes.

A Pound medicinall is 12. ounces — lib.
An ounce is 8 drammes — ℥.
3 Scruples or 60 graines make a dramme — ʒ.
20 Graines make a Scruple — ℈.
2 Oboli make a Scruple — obol.
A Graine — gr.
A Handfull — m.
As much as one can take up betweene his finger and thumbe — p.
As much as one can drinke at a reaſonable draught — cyath.
A quart — q.
Halfe or ſemis — ſſ.
Of each one a like much — ana.

Rootes, Barks, Seeds, Fruites, Flowers, Pulces — by theſe notes:
℥ ʒ. p. m.
℥ ʒ.
℥ ʒ.
an. p ℥ ʒ ℈.
p. m. ℥ ʒ.
p. ℥ ʒ.

Meaſures.
A Cochlear in ſirupes contains halfe an ounce in diſtilled waters 3iij. Cyathus is — ℥ ſſ.
Hemina which is alſo called Cotyla — ℥ x.
Libra — ℥ xij.
Sextarius — ℥ xviij.
Congius is vi. Sextaries.

Numero — n.
Recipe — R.
Sufficient quantity — q. ſ.
Æquall portion — p. æ.

CHAP. XXII.

A Catalogue of such instruments as are requisite in private house: for those that are desirous to compound medicines themselves.

FIrst a great Morter of marble, and another of brasse.
A rowler to rowle lozenges.
Spatulaes of all sizes.
Copper pannes to make Decoctions.
An iron ladle to prepare lead.
A grinding stone and mullet.
Pulping sieves.
Haire sieve covered.
Hippocras bagges.
Little cotton blankets for straining.
Scales and weights.
Presses.
Raspes to raspe hartes horne, quinces, &c.
A square woodden frame with nailes at each corner to hold the strainers.
An incision knife.
A levatory.
Probes.
Siringes to make injections.
Forceps to drawe teeth.
A lancet and cupping-glasses.
Gally pots and boxes of all sorts to keep sirups, oiles, &c.
Glasses for cordiall powders.
Cauteries to make issues.
Pipes with feneſtells, and needles fit for sutures.

Ligature

Ligatures, bandes, ſwathes, of woollen, and linnen.
Powder to ſtay bloud.
Pledgets, compreſſes, boulſters.
A bathing chaire.
A limbecke and ſmall ſtill with receivers, as for other things you may furniſh your ſelf as need ſhall require.

CHAP. XXIV.

For the better underſtanding of ſome hard words uſed in this worke you muſt note that,

Attenuate, to make thinne.
Aſtringent, binding.
Abſtergent, to wipe.
Agglutinate, to glue or faſten together.
Aſthma, an inveterate cough.
Attractive, drawing,

Calefie, to heate.
Cicatrize, to skinne a ſoare.
Corroborate, to ſtrengthen.
Compreſſe, a linnen cloth often folded.

Diſcutient, to diſcuſſe or diſſolve.
Ditergent, to cleanſe.
Digeſt, to put over the meat,
Diſſipate, to ſcatter.
Decoction, the boyled licour of any thing.
Deterſive, cleanſing.
Dilate, to open wide.

Emollient,

Emollient, to ſoften.
Effuſion, ſhedding.
Exhillerate, to make merry.
Extenuate, to make thinne.
Excreſcent, growing up.
Exciccate, to drie.

Humect, to moiſten.

Indurate, to wax hard.
Incarnate, to fill with fleſh

Lenitive, mild or gentle.
Levigate, to make light, or to eaſe.
Ligature, a binding of linnen cloth.

Refigerate, to coole.
Repercuſſe, to beat back.
Repreſſe, to beat downe.

Sextarius, a pint and a halfe.
Suppurate, rott.

Vulnerary potion, a drinke healing wounds.

Chap. XXV.

What a Medicine is, and the difference of Medicines.

A Medicine is that which hath power to change the body according to one or more qualities, and that ſuch as cannot bee changed into our nature, the contrary whereof is that nouriſhment which may be turned into the ſubſtance of our bodies. *Medicines.*

All ſorts of Medicines may bee had from Beaſts, Plants, Earth, Water, & Aire; from Beaſts ſome we take whole, of ſome but part, we oft-times in Phyſicke uſe whole creatures, as Foxes, Whelpes, Vipers, Cantarides, Frogs, Snailes, Wormes, Serpents; We alſo uſe ſome parts of them, as Liver, Heart, or Braines; alſo of the Bones, as a Mans Scull, Marrow, Greaſe, Blood; likewiſe of the Excrements, as Haire, Vrine, Dung, Spittle, Hornes, Honey, Waxe, Wooll, Sweate. *From Beaſts.*

Medicines are taken from Plants ſometimes whole, as Succory, Mallowes, Plantaine, and the like, we uſe often whole; ſometimes only the rootes of Plants, the Pith, Wood, Barke, Leaves, Bloſſomes, Seeds, Fruits, Iuices, *From Plants.*

Iuices, Gums, Oyles, Moſſes, Roſines, and the like.

From the Earth. Medicines taken from the Earth, are either Earths, Stones, or Minerals; the ſorts of Earth, are Bole-armenick, *Terra ſigillata*, Fullers earth, Chalk, Clay; Stones are the Pumix, Marchiſite of Gold, Silver, Braſſe, Marble, the Loadſtone, Chalke, Limeſtone; Metralls and Minerals are Gold, Silver, Braſſe, Iron, Lead, Tinne, Steele, Brimſtone, Litharge of Gold and Silver, Antimony, Cerus, Verdigreace, Allome, Vitrioll, Salts of ſundry kindes.

From Water. From Freſh water, Raine water, Spring water, River water, water Lentile, common Flags, Water-Lillies, and all ſuch creatures as live therein; from the ſalt Water, Salt, Corrall, Shels, Sponges, and all Sea creatures; from Waters mixed of ſalt and freſh, Aſphaltum, the herbe Androſace, &c.

From the Aire. Medicines from the aire are Manna, Honey, Dew, and the like.

Now all theſe ſorts of Medicines are endued with one or more of the foure faculties.

The ſimple quality is either to { Heat, or / Coole. / Hume&t, or / Dry. } { The compound ariſing from two joyned qualities, either } { Heates and dries. / Heates & moiſtens. / Cooles and dries. / Cooles & moiſtens. }

The effect of theſe qualities is diſtinguiſhed into theſe orders which we terme degrees, that they may reſiſt a diſeaſe in the ſame meaſure and proportion; The

1. firſt degree doth alter and change ſomewhat obſcurely,
2. The ſecond manifeſtly, The third with great efficacy
3. and vehement labour, The fourth exceſſively alters and
4. expells ſenſe by its violence.

As for an example of Heat, warme water is temperate, that which is a little hotter is in the firſt degree of heat,

heat, if manifeſtly hot, it is in the ſecond degree, but if heat more vehemently, it may be thought to come to the third, but if it ſcald, then it is arrived at the fourth degree of heate,

Temperate Medicines be ſuch as doe manifeſtly neither Heate, Coole, Moiſten, nor Dry; intemperate Medicines are thoſe that are plainly hot or cold.

2 The ſecond faculties of Medicines depend upon the firſt, as of heate to rarifie, attract, open, attenuate, levigate, cleanſe; on the contrary, as of cold to condenſe, repercuſſe, ſhut up, incraſſate, exaſperate, conſtipate; of moiſture, to ſoften and relaxe; of drineſſe, to harden and ſtiffen.

3 The third faculty of Medicines is to agglutinate, fill with fleſh, to cicatrize, aſſwage paine, move or ſtay Vrine, Milke, Seed, Courſes, Sweate, Vomits, and the like. The generation of fleſh proceeds from two of the faculties, drying, and cleanſing, heate only mittigateth paine.

4 The fourth faculty of Medicines is that which cauſeth the Medicine to worke upon one part or humour, and not upon another, as ſome purge the head, ſome the ſtomack, ſome the gutts, ſome phlegme, ſome melancholy, and the like.

Chap. XXVI.

The forme of making Medicines.

Of Cliſters.

A Cliſter is a Medicine caſt into the bowels by the fundament, and is made of Roots, Seeds, Fruits, Flowers, fleſh of Beaſts, Oyle, Honey, and the like; the quantity is according to the diſpoſition of the Patient, *Cliſters.*

as halfe a pound, one pound, or three quarters of a pound: As for example, Take Mallowes, Violets, Althæa, leaves of Willow, water Lillies, ſeethe them, and put to the decoction *Caſsia fiſtula*, Sugar, oyle of Violets, and of Roſes, which profiteth much in Strangury. The manner of giving a Gliſter is thus; when it is ſtrained and cooled ſufficiently, you ſhall have the pipe ready, with a bladder and a corke fitted to the pipe, with a thred to pull it out when you have put up the pipe, then ſtop the pipe with the corke, and poure the decoction into the bladder, and tie the bladder faſt, and let the Patient put it up into his fundament, lying on his bed, on his right ſide, and nothing about his belly to gird it, then pull out the corke by the thred, and with the hand by little and little cruſh up the Gliſter, and let him retaine it about halfe an houre if he can.

Chap. XXVII. *Of Suppoſitaries.*

Suppoſitaries. A Suppoſitary is a certaine long round Medicament which is put into the fundament to provoke the expulſive faculty; their forme is round and longiſh like a waxe Candle, and are made of weake things, as the rootes of Beets, the ſtalkes of Mallows; or of ſtrong purging Powders, as Hiera without ſalt; or ſharpe, as with Scamomy, or with Honey; as for example, boyle Honey untill it waxe thick and hard, and make thereof a Suppoſitary in forme aforeſaid, and let the Suppoſitaries be foure, five, or ſixe fingers in length.

Chap. XXVIII. *Of Nodules.*

A Nodule is made up in the forme of a Filbert or Beane, and is uſed againſt clefts and ſwellings in the fundament; they are made of gentle Medicines, as the yelkes of Eggs with a little Salt and Butter tied up in Cloth or Wooll, and a thred left to draw it out by, they are uſed as Suppoſitaries are. *Nodules.*

Chap. XXIX. *Of Peſſaries.*

A Peſſary is thicker and longer than a Suppoſitary, & is appointed for the wombe; it is made of Wax, or of Cloth, or Cotton, or of Lint, firſt dipped in an ointment, and wound about with ſilke, and a thred hanging thereat, that it may be eaſily drawne forth; they are uſed in all diſeaſes of the wombe, and for the ſtopping of the monthly viſits; as for example, a Peſſary againſt the ſuffocation of the Mother is made thus, R. Benioini, Styracis, Carioph. ana ℈ i. gal. moſch. ℥ ſſ. moſchi, gr. vi. *Fiat pulvis*, this being made up with Cotton, may be put into the body. *Peſſaries.*

Chap. XXX. *Of Iuleps.*

A Iulep differs from a Sirrup only thus; a Sirrup is more boiled than a Iulep is, and a Iulep is only ſimple without the permixtion of any other decoction with it; alſo a Iulep is any kinde of Sirrup diſſolved in ſodden water, as the Sirrup of Roſes, Violets, &c. *Iuleps.*

Chap. XXXI. *Of Pills.*

Pills. Pills are easily made by putting together the ingredients according as you shall finde fitting to the disease, and so with some convenient Sirrup, as Maidenhaire, or with Hydromel, or some other Liquor, they are formed to the bigneſſe of a small Peaſe.

As for the reſt, they are so easily made, as that I need not prolong my selfe in treating of them, these I have only shewed the meaner sort of people, and such as I know, though they had the simples ready, yet could not tell how to compound them as they ought to be.

Next I shall shew you the making of all kindes of Vnguents, Oyles, Emplasters, Sirrups, Electuaries, &c. which are neceſſary to be used in any private house. And also the nature and effect of every Medicine, which many that have publiſhed them have neglected to doe, and also have failed in the true setting of them downe, which might drive the practiſer into a great errour.

Vnguents.

Unguents.

Chap. XXXII.

To make Unguentum aureum.

1 R. Yellow Waxe ℥ vi. good Oyle lib. ii. Turpentine ℥ ii. Rosin and Colophoni ℥ i ß. Olibanum, Mastick, ana. ℥ i. Saffron ℈ i. make an Unguent. First dissolve the Waxe in the Oyle, then put in the rest of the things finely bruised; when they are dissolved take it from the fire, and put in your Turpentine. It doth mildly deterge wounds, agglutinate and safely cure them.

Unguentum Enulatum.

2 R. Roote of Elecampane sod in Vineger and bruised, lib. i. Hogs grease, Oyle, ana. ℥ iii. new Waxe ℥ i. Quicksilver extinct, Turpentine washed, ana. ℥ ii. common Salt beaten, ℥ ß. Melt the grease and waxe in the Oyle, then adde the Enula campana, Quicksilver and Salt, lastly the Turpentine, kill the Quicksilver with a little Grease and Turpentine. This ointment is marvellous effectuall against the Itch, or Scabs, either dry or moist.

Vnguentum Populeon.

3 R. Of the buds of Popular freſh gathered lib. i. macerate them in lib. iii. of freſh ſwines greace prepared for the ſpace of two months, then R. of the leaves of red Poppy, leaves of Mandrake, leaves of Henbane, tender crops of Brambles, Nightſhade, Lettuce, Houſeleeke, Stone crop, great Burres, Penny graſſe, ana. ℥ iii. good Wine lib. i. bruiſe them & mixe them with the buds of Popular, then ſet them in a warme place for eight daies, then adde one pinte of ſtrong Vinegar, and boile them till it be conſumed, which may be perceived by caſting a little thereof into the fire, then ſtraine it forth and put it up. This Vnguent aſſwageth Phlegmons, burning of Agues, heat of the Head, and Kidnies, and anointed upon the Temples procureth ſleepe.

Vnguentum Ægyptiacum.

4 R. Verdigreace ℥ v. good Honey ℥ xiiii. ſtrong Vinegar ℥ vii. all theſe being boiled together untill it be thick, and of a purple colour, this doth forcibly cleanſe ulcers inveterate, and fiſtulous, and doth conſume proud ſpongious, and dead fleſh.

Vnguentum Apoſtolorum.

5 R. Turpentine, white Waxe, Roſine, *ana* ℥ xvi. Opponaxe, Verdigreace, *ana* ℥ ii. Ammoniacum ℥ xvi. long Ariſtolochia, great Incenſe *ana* ℥ vi. Myrrhe and Galbanum *ana* ℥ iii. Bdellium ℥ vi. Litharge ℥ ix. Oyle lib. ii. make an Ointment, mingle the Litharge with two ounces of Oyle, and let them ſtand five houres, then boile

boile it gently untill it be thick as Honey, alwaies ſtirring it, then take it from the fire and put to the Waxe and Roſin, being diſſolved with the reſt of the Oyle; then whiles it is cooling, put to the reſt of the Gummes diſſolved in Vinegar boiled and incorporated with the Turpentine, then the Ariſtolochia, Myrrhe, and Frankincenſe are to be mingled, and laſtly, the Verdigreaſe finely powdered, and ſprinkled in. This Vnguent doth by deterſion purge Wounds and rebellious Vlcers, and Fiſtulaes, waſteth dead Fleſh, and encreaſeth new.

Vnguentum Album.

6 R. Cerus ℥ iiii. Litharge ℥ ß. lay them a good ſpace in Roſe water, then put them into a Mortar, and by little and little poure in ſo much Roſe oyle as they can drinke up, continually ſtirring and tempering them, untill they come to the forme of an Vnguent, then adde thereto a little white Vinegar, and of Camphire ʒ i. ß. It is cooling, aſſwageth Paine and Inflammation, and is good for Scabs, Itch, and Excoriation.

Vnguentum Vulpinum, or *Ointment of a Foxe.*

7 Take a Foxe, and draw out the Entrailes, then take Sage, Roſemary, Iuniper leaves, and berries, Dill, wilde Marjoram of the Garden, Lavender, Camomile, of each halfe a pound, ſtampe theſe herbes in a Mortar of ſtone very finely, then cut the Foxe in pieces, and put him with the herbes into a veſſell of eight gallons, and put to foure pintes of Oyle Olive, Oyle of Neats feete one pound, Calves ſuet, Deere ſuet, Gooſe greaſe, Brockes greaſe, of each one pound and a halfe, of Sea-water three quarts, and as much of good Malmeſey, ſet all together

on the fire, and boile it till the Wine and Water bee conſumed, and that the fleſh and bones bee ſeparated aſunder; then take it from the fire and ſtraine it, and preſſe it through a ſtrong Canvaſſe cloth, and ſo reſerve it to your uſe as a moſt precious oyntment againſt all Aches, and to reſtore Limms and Ioynts lamed through paine of the Gout.

Vnguent of Saint Coſme and Damian.

8 R. Pimpernell, Vervine, Betony, *ana* m. i. ſtampe them, and put to them of white Wine lib. ii. *ſ.* boile them together in a tinned veſſell to the waſting of three parts, then ſtraine them, and ſet the decoction over the fire againe in a glaſed veſſell, then R. Turpentine waſhed ℥ vi. Roſin waſhed lib. i. new white Waxe ℥ iiii. when they are melted altogether in the ſame glaſed pot, add to them Maſtick powdered ℥ i. of the Milke of a woman giving ſuck to a Male and a Female Childe *ana* ℥ ii. boil them to a perfect body, it availeth for all Wounds, and namely of the Sinewes, alſo for Cankers, Fiſtulaes, and S. Anthonies fire.

A very good ointment for any Ach, or Bruiſe, for any Noiſe in the head, or to draw out a Thorne.

9 R. Roſin, and a little red Deeres ſuet, and a little Camphire, and a little white Wine, let them boile a walme or two after all the Suet is melted, then ſtraine it into white Wine, and beate it untill it come to an ointment, then put it up in pots, and when you uſe it you ſhall chafe the Part before the fire very well, and then anoint it.

An

An Ointment of the Wormes of the earth, good to ſtrengthen the Back, to coole it, and take away the Ache.

10 R. A great platterfull of long Wormes of the earth, lay them upon Fennell, or ſuch like to ſcoure, the ſpace of foure and twenty houres, then chop them ſmall, and put to them a quart of Neats-foot Oyle, then take a platterfull of field Daiſies chopped very ſmall, all ſave the rootes, (let them be a platterfull when they are chopped) and put them to the Oyle and Wormes, then boile them together upon a ſoft fire for two houres, then ſtrain it and keepe it for your uſe: it is to be made either in April, or about Michaelmas.

An Ointment for a Bruiſe, and Swelling, alſo for the Piles.

11 R. Of red Sage ℥ vii. of Rue ℥ iii. of Camomill, Bayes, Wormewood, *ana* ℥ iiii. of Mutton ſuet lib. i. bruiſe all theſe well together in a Morter, then ſet them in an earthen Pot nine daies well and cloſe ſtopped in the earth, then boile them in a quart of Oyle, and ſtrain it forth and keep it for your uſe.

An Ointment which I uſed with good ſucceſſe to a woman who had a paine in her Hip, without any tumour proceeding from the retention of her monthly Viſits.

12 R. Camomill, Roſemary, *ana* m. i. twinings of Vines m. ſ. Plantaine p. ſtamp them together, and put them into a jarre Glaſſe, and put on it a quart of good Oyle Olive, and let it ſtand a day or two in the Sunne, then ſet a skillet of water on the fire, and when it is ſcalding hot, ſtop the jarre Glaſſe cloſe, and put it into

the water, and keepe the water ever ſcalding hot, but when it hath been in almoſt an houre, then let it boile a little, and then take it out, and ſtraine it, and annoint the place every night, and after bathing: the manner of the Bath I ſhall ſpeake of hereafter.

An ointment for the face after the Poxe are dryed, to cauſe them to fall off without leaving any Markes.

13 R. Of Oyle of bitter Almonds ℥ ii. put thereto of Parmacetæ ℥ ß. and anoint the face with a feather.

Another for the ſame, and which mightily cleares the skin.

14 R. Of fat Bacon lib. i. cut it in thin ſlices, and hang it in a ſtring before the fire that it may melt, and let it drop into a quarter of a pinte of Plantaine water, and when it is all melted let it coole, and then beate it out of the water with a cleane ſpatula, and waſh it in three or foure ſeverall waters more of Plantaine, then put to it a peny weight of Parmacetæ, and a penniworth of white Roſe water, and beate them well together, and annoint the face with a feather.

An ointment for Aches and Bruiſes, Stitches, Gowte, and Lameneſſe.

15 R. Sage, Rue, *ana* lib. i. crops of Wormwood, Bayleaves, Roſemary *ana* m. i. Sheeps ſuet cleane picked from the skin lib. ſſ. Oyle Olive a pottle, ſhred the hearbes and ſuet ſmall, and then ſtamp and work them together very ſmall, then put in the Oyle, and temper them well, and let them ſtand cloſe ſtopped the ſpace of ſeaven daies, then ſet it to the fire, and as it melteth ſtir

ſtir it till the hearbes are parched, then take it off and ſtraine it, and with this anoint the place.

An ointment for a burne or ſcald.

16 R. Incontinently the white of an Egge beaten with Oyle of Roſes, Omphacine, and a little juice of Plantaine, Night-ſhade, and Houſeleeke, and with a feather anoint the place.

Vnguentum de Calcantho, good for old Vlcers, Mundifieth evill fleſh, and Incarnateth.

17 R. Of Swines greaſe, Calves, and Cowes ſuet, *ana* lib. ſſ. Celidony, Alleluia, Plantaine, Woodbine, Houndſtongue *ana* m. i. Lime thrice quenched with water lib. ſſ. *Calcantum Pulverizatum* ℥i. Verdigreaſe, ʒx. ſtamp them, and leave them together ſeaven daies, then put thereto water of Plantaine, Wine of Pomegranates, ℥iiii. then ſeethe them with a ſoft fire till the Water and Wine be conſumed, and ſo ſtraine them with a thick cloth, then put to it Litharge *Auri & Argenti* ℥ iiii. Bolearm. *Terr. ſigillat. Minii, ana* ℥i. cleere terebent ℥ iii. let them ſeethe againe, and make a blacke ointment with ſufficient white Waxe.

An ointment for an Ache.

18 R. Two or three neſts of quick Swallows, tendrings of Straw-berries, Rue, Lavender-cotton, Bay-leaves, Wormwood, Horehound, Rednettle crops *ana* m. i. the gall of an Oxe, black Snailes, n. 6. Oyle Olive halfe a pinte, then ſtamp the Swallows whole feathers and guts with all the aforeſaid things very ſmall, then

you ſhall melt a quantity of May-butter in a frying pan, and then put in all the other things, and fry them well together, alwaies ſtirring it that it may not burne; Laſtly, ſtraine it through a linnen Bagge, and you have the ointment.

A precious Oyntment againſt all Pains, and Griefes.

19 R. Roſemary leaves, Sage, Time, Polimountaine, Hyſſope, Marigolds, Rue, Wormewood, Marjoram, Valerian, Mouſeare, Harts tongue, Bloodwort, Merch, Seagreene, gather theſe Hearbes with the Flowers, and Blowings of each m. iij. ſeeth them in iij quarts of Water, untill the Water be conſumed to a quart, then put to them a pound and a halfe of Barrowes greaſe, Deeres Suet, lib. i. Dogges fat lib. ſſ. Cats fat, lib. ß. Roſewater pint i. *Aquæ compoſitæ* ℥ vi. ſeeth theſe a good while, ſtirring them well, then ſtrain them through a rough cloth, and take off the ſcumme with a Feather, and let it ſtand till the morrow, then ſeeth it once againe, and ſtraine it, and keepe it for thy uſe.

A good Oyntment to cleanſe a Sore, both old, or new.

20 R. Turpentine ℥ ii. waſhed well in Barly water, lib. ſſ. put to it Yolkes of new laid Egges, nu. vi. Hony of Roſes, or, common Honey, ℥ iiii. mingle them, and make the Tents, or Pledgets therewith.

An Oyntment for Scabbes, Ring-wormes, or any other breaking out.

21 R. Oyle of Roſes, ℥ iiii. Waxe iiii. d. weight, melt them together, then take Litharge of Gold, Ceruſe *ana*. ℥ ß. Powder them and mingle them with the Oyle, and Waxe in a Morter, then put thereto the white of a new laid Egge, and halfe an ounce of Quickſilver mortified, and uſe it every Morning and Evening.

To mortifie the Quickſilver you ſhall put it into a Violl with faſting Spittle, and worke it up and downe untill it become like aſhes, then put it to your ſtuffe.

A good Oyntment for the Spleene.

22 R. Bryony rootes, the pith taken out, Marſh Mallow rootes, or red Holly-hocke rootes, the pith taken out *ana*. lib. i. ſeeth them in Water untill the Rootes be ſoft, ſtampe them in a Morter, and ſtraine them through a Strainer till the thickneſſe be come through, then take of ſower leavened Bread ℥ iiii. Bores greaſe li. ß. mingle them altogether well in the Morter, with white Wine Vinegar iiii. ſpoonefuls.

Firſt in the morning rub your Spleene with a courſe warme Cloth, untill the skin wax red, then lay upon it a peece of blue wollen cloth, wet in the Water of a man childe, as hot as may be ſuffered, and when the Cloth waxeth cold, take it away, and dry the Skin with a warme cloth, and annoint the place with ſome of the ointment aforeſaid, warmed in a Sawcer, and rub it well in, then lay upon it a Quilt of blacke wooll, and doe thus every morning till it be well.

An

An Ointment for burning or ſcalding.

23 R. Sweet Creame q. i. Ferne rootes m. i. waſhed and cut in ſmall peeces, boyle them in the Creame in an earthen Pot, untill they jelly; when you will uſe it chafe a little in your hand with a Spatula, and apply it to the Sore untill it be whole.

Vnguentum Alcblaſtrum.

24 R. Crops of the red Bryer ſtamped ſmall, m. vi. adde thereto of white Wine one pottle, of Rue, m. i. of the flowers or leaves of Camomile, ℥ i. powder of Alebla ſter ℥ ii. Fennell ſeed ℥ i. Oyle of Roſes lib. ß. Wax ℥ ſſ. put all together except the Camomill and the Waxe, then put them on the fire to infuſe, and when it ſeethes put in the Waxe and Camomill, and boile it well untill the Wine be conſumed, and when it is cold, take the whites of five Egges and mingle them with all the aforeſaid things, and then ſtraine it through a faire linnen cloth, and put it into a cleane veſſell. It is good for webbs in the Eyes, Megrim, and Headache, if a woman have paine in her Matrice let her take thereof as an Electuary, and it will help her, alſo for thoſe that are diſeaſed in the Stomack, let them anoint the Stomack, Hands, Feet, and Reines therewith, anoint the Temples for the Megrim, it is alſo good for the Gout.

An Ointment to aſſwage paine, and coole.

25 R. Of white Cerate ℥ iiii. Oyle of Roſes ℥ x. red, and white Sanders, red Roſes, Myrrhe, Olibanum, Maſtick, *ana* ʒ ii. Camphire ʒ ſſ. Turpentine ℥ ii. ſſ. make an Vnguent in a leaden Mortar.

To make Flos Vnguentorum.

16 R. Roſin, Peroſin, *ana* lib. ſſ. Virgins waxe, Frankinſence, *ana* ℥ iiii. Maſtick ℥ ſſ. Harts ſuet, ℥ iiii. Camphire ʒ ii. melt thoſe that are to be melted, and pound thoſe that are to be pounded, and ſearce them finely, then boile them altogether over the fire, and ſtrain them into a pottle of white Wine; then let it coole, and when it is no more then blood warme, put to of Turpentine ℥ iii. ever ſtirring it untill it be cold, then worke it well in the hands, and make it up in rolls.

It is good for old Wounds, cleanſing them, and engendring good Fleſh, and waſting evill Fleſh; it is good for all manner of Impoſtumes in the head, or in the body, and for ſtrained Sinewes, and it draweth out any Thorne or broken Bone, and it healeth all manner of Botches, it is good for a Canker, or *Noli me tangere*, it is good for Seareclothes for the Gout, Sciatica, and other Aches, and for peſtilent Botches.

Of Oyles.

Chap. XXXIII.

To make Oyle of Roſes.

1 R. Buds of red Roſes freſh gathered, the prickles taken away, and the buds bruiſed, juice of Roſes *ana* lib. i. macerate them in five pound of Oyle Omphacine which is without Salt in a veſſell of glaſſe cloſe ſhut, then ſet them the ſpace of ſixe or eight daies in the Sun, after boile them three houres in a double veſſell, and ſtraine them and caſt away the Roſes and put in new, doe ſo twice or thrice; laſtly, being fairely ſtrained, ſet it in the Sunne, and boile it in a double veſſell untill the juices be conſumed, if you want *Oleum Omphacinum*, you may waſh Oyle Olive in the juice of ſowre Grapes. This Oyle is cooling, and doth ſtrengthen, thicken and ſtay Fluxes, and helpe the gnawing paine of the Guts being given in a Cliſter.

Oyle of Violets.

2 It is made by putting in freſh purple Violets into a veſſell of glaſſe, and Oyle Omphacine, or Oyle of Almonds, and to be ſunned ten or twelve daies, changing the Violets every third day; laſtly, put in dry Violets, it hath the ſame Vertue as hath Oyle of Roſes.

Oyle

Oyle of Mints.

℞. The leaves of ſowne Mints, bruiſe them, and with the juice macerate them in Oyle Omphacine, and change and boile it as you doe Oyle of Roſes. It corroborateth and ſtrengthens the ſtomack if it be therewith anointed, and furthereth concoction.

Oyle of Wormwood.

℞. The tops and leaves of Wormwood, bruiſe them and macerate them in Oyle Omphacine, as you do make Oyle of Roſes: it is a furtherer of concoction, procurer of appetite, and kills the Wormes.

Oyle of Lillies.

℞. Of Maſtick, Calamus Aromaticus, Coſtus, Oyle of Pellitary, Carpobalſame, *ana* ℥ i. Cloves and Cinamon, *ana* ℥ ſſ. Saffron, ʒ iii. bruiſe them all, and ſteepe them in water xxiiii. houres, then boile them a little, and taken from the fire poure in of ſweete Oyle, lib. ii. leaves of Lillies, ℥ viii. ſet them forty dayes in the Sun, and then ſtraine it.

Oyle of ſweet Almonds.

℞. Sweet Almonds, and blanch them, and bruiſe them, then poure upon them a little Roſe water, then put them in a veſſell that they may be kept warme as it were in hot water; laſtly, put them in a little bagge, and preſſe them in a preſſe untill you have the Oyle. It doth mitigate paine, comfort the exaſperated parts,

eſpecially the Lungs, and Kidnies, it mollifieth dry, and hard matter, and is very fit for thoſe that have the Hectick feaver.

Oyle of bitter Almonds.

7 R. Bitter Almonds dry, and purge them, and bruiſe and calefie them in hot boiling water, and preſſed as the former. This Oyle doth mightily attenuate and divide, doth diſſipate Winde, cures the Noiſe in the Eares, and opens the obſtructions of the Liver, and other Intrailes, and mollifieth hardneſſe of Sinewes.

Oyle of Wormes.

8 R. Of Wormes of the earth waſhed, and prepared, lib. ſſ. white Wine ℥ ii. ſweet Oyle lib. ii. boile them to the conſumption of the Wine, and the waſting of the Wormes, then ſtraine the Oyle, and reſerve it for your uſe. It mollifies, aſſwages Paine, and is good for Bruiſes, and paine in the Ioynts.

Oyle of Rue.

9 R. Of leaves of Rue, the juice of Rue, *ana* lib. ſſ. macerate them three daies in lib. iii. of ſweet Oyle, boile them in a double veſſell untill the juice be conſumed, then ſtraining the Rue, change it three times, or foure, then preſſe out the Oyle. It is hot, and attenuateth groſſe Humours, diſſipates Winde being adminiſtred as a Cliſter alone, it availeth againſt the Crampe, Palſey, and coldneſſe of the Wombe and Bladder.

Oyle

Oyle of Baye.

10 R. The ripe berries of Laurell bruiſed and boiled a good ſpace in Water, and then ſtraine it, and when it is cooled, gather the Salt that ſwimmeth above the decoction which is the Oyle, and is good to extenuate, califie, diſſipate Winde in the ſtomack, the Collick, and diſſolveth cold diſeaſes of the Head, Intrailes, Wombe, Kidneies, and Ioynts.

Oyle of Scorpions.

11 R. The roote of round Ariſtolochia, Gentian, Galingale, barke and roote of Capers, *ana* ℥ i. bruiſe them all, and macerate them in lib. i. ff. of Oyle of bitter Almonds, and ſunne them twenty dayes, then boile them in a double veſſell with a gentle fire, laſtly, put in xv. Scorpions, and ſunne them againe thirty daies, then ſtraine the Oyle, and keepe it as an excellent Oyle to extenuate forcibly, and being anointed upon the loines doth unlodge the Stone in the Kidneies.

Oyle of Turpentine.

12 R. Of the beſt Turpentine lib. iiii. put it in a large glaſſe Cucurbite, and ſet it in Sand, and diſtill it by art; firſt you ſhall have a thin Oyle come out with the Water, the ſecond Oyle will be of a golden colour, the laſt will be yellow and thick, keepe every one by its ſelfe, but the laſt is the beſt, and is good againſt all cold Diſeaſes, eſpecially of the Ioynts.

Oyle of Maſtick.

13 R. Oyle of Roſes, ℥ xii. odoriferous Wine, ℥ iiii. of the beſt Maſtick, ℥ iii. boile them according to art in a double Veſſell to the conſumption of the Wine. This Oyle ſtrengthens the Braine, Nerves, Ioynts, Ventricle, and Liver, mollifies Tumors, and aſſwages pain.

Oyle of Tileſtones.

14 Breake an old red Tileſtone in pretty ſmall pieces, burne them in the fire untill they be red hot, then extinguiſh them in cleare old Oyle, and let them lie in it untill they be full of Oyle, then take them out and beat them into fine power, and put it into a Cucurbite of glaſſe, and lute the joynts well together, and put under coales, and draw your Oyle according to art. It is good againſt all cold diſeaſes, for it is hot and penetrative, eaſeth the Epilepſie, Vertigo, Palſie, Crampe, and paine in the back, and all cold affects of the Ioynts and Nerves.

Oyle of the Yolkes of Egges.

15 R. Of new laid Egges one hundred, boile them untill they be hard, and take out the yolkes, and cut them in pieces, and put them in a frying pan untill they turne reddiſh, and yeeld a fatty moiſture, then take them and put them hot into a haire bagge, and preſſe out the Oyle. It is good to cleare the skin, and reſtore haire, and to cure maligne and fiſtulous Vlcers.

Oyle of Hypericon : or, S. Iohns Wort.

16 R. The tops of S. Iohns Wort that is full ripe, ℥iii. ſteepe them in odoriferous Wine three daies, then boile them cloſe ſtopped in a double veſſell, afterward preſſe it, then put to it a pound more of freſh S. Iohns Wort, and ſteep, boile, and preſſe it as before, and likewiſe the third time, and if the Wine diminiſh adde more; laſtly, take of cleare Turpentine ʒ iii. old Oyle ℥vi. Saffron ℈ i. boile them in a double Veſſell untill the Wine be conſumed, then preſſe it, and ſeparate the Oyle from the groſſe bottome. It is Hot and Dry, Stiptick, it conſolides wounds, and helpes inciſion of the Nerves, and burning of fire, aſſwageth the paine of the Thighes and Bladder, and provokes Vrine, and moneth-ly viſits.

Oyle of Whelpes, for wounds made by Gunſhot.

17 R. Two Whelpes, Earth-wormes lib. i. Oyle of Lillies lib. ii. Venice Turpentine ℥vi. Aqua vitæ ℥ i. boile the Whelpes alive in the Oyle, untill the fleſh part from the bones, then put in the Wormes being firſt prepared in white Wine, and boile them in the oile till they become dry, then ſtraine it gently through a Towell, and laſtly, adde your Turpentine and Aqua-Vitæ.

Oyle of Vitrioll.

18 R. Of Vitrioll lib. x. and powder it, and put it into an earthen pot, and ſet it upon hot coales untill it be calcined, that is, when it becomes reddiſh; when it is

is throughly cold breake the pot, and powder it againe, and calcine it againe, and thus doe untill it be perfectly calcined, and exactly red of colour, then powder it, and put it into an earthen retort, adding for every pound of Vitrioll, 1. quarter of Tile ſheards, or ſmall pieces of Brick, then ſet the Retort luted ſafely to the receiver in a reverberating Fornace, alwaies keeping a ſtrong fire for the ſpace of eight and forty houres, more or leſſe according to the quantity of the diſtilling Liquor: you ſhall know when the diſtillation is finiſhed by the receiver, which will recover his naturall colour, and perſpicuity. Your receiver muſt be very large leſt it break, alſo it muſt be ſet in a veſſell of cold water, leſt it break by being over hot.

This Oyle comforteth the belly, and ſtirs up the appetite, calefies the cold ſtomack, conſumes Phlegme, and cuts tough & viſcous Humors, it helps the Dyſentery & Celiack paſſion, it mitigates the heat of Feavers, and deſtroys the Hecocks, Nauſeouſneſſe and Loathing of meat, it muſt be taken very carefully tempered with ſomething elſe, as five or ſixe drops to 2. ounces of conſerve of Roſes, ſo it may be ſafely taken, alſo upon whatſoever it falls it burnes it.

An Oyle approved for the Sciatica.

19 R. Plantaine, Lavender-ſpike, Fennell, Wallwort, red Sage, red Nettles, Camomill, Wormwood, Marigolds with the black head, Briony, *ana.* waſh them, chop them, ſeethe them in new ſtrong Ale in an earthen pot to the conſumption of the halfe, then ſtraine them, and put to the decoction black Snailes, reboile it untill it become an oyle.

Oleum

Oleum Benedictum.

2o R. Oyle Omphacine lib. ii. of Storax, Calamite, Ladanum, Olibanum, Saffron, Gum arabeck, Madder, Gumme of Ivy tree, Aloes citrine, Maſtick, Cloves, Galingale, Cinamon, Nutmegs, Cubebes, *ana* ℥ ii. Gumme Elem. lib. i. Myrrhe, Bdellium, *ana* ℥ i. ſſ. Galbanum ℥ vi. Spike, Lignum Aloes, *ana* ℥ i. Roſin of the Pine, Oppoponax, Armoniack *ana* ℥ x. powder thoſe that are to be powdered, and mingle them with the ſaid Oyle, and put them in a Limbeck with his head, and receiver well ſtopped with *Lute ſapient*, and diſtill them *Secundum artem*; put the Alimbeck upon a ſoft fire the ſpace of xii. houres, encreaſing the ſame from ſix to ſix houres till all be ſtilled, then powder the reſt of the ſpices again, and ſo with the diſtilled Oile diſtill thē again, and at the laſt you ſhall have an Oyle like Balme; Which is good for the Crampe, the Falling ſickneſſe, the Coronall commiſſure being anointed (a Mundification with a ſtrong Medicine premiſed;) it cureth great freſh Wounds, and cold Catarres; one drop put into the Eare with Cotton amendeth the hearing, chiefly of a cold cauſe; a Roſe Cake moiſtened in the ſaid Oyle, and laid to the Temples, eaſeth the Megrim, and taketh away the Swimming of the head; halfe an ounce of the ſaid Oyle drunke with a little odoriferous Wine in the morning three dayes together, comforteth, and reneweth the Heart, and Lungs; taken with a little odoriferous Wine it is good for quartain Feavers: the receit muſt be almoſt one ſpoonfull for foure dayes together one houre before day, upon ſuch daies as no Paroxyſme is looked for; taken the ſpace of thirty dayes with a little Wine, and a little Piony, cureth the Falling ſickneſſe, and

paines of the grand Poxe: it is good for stinging of venomous Beasts, and weakneſſe of Sinewes, and may be compared to Balſamum.

The compoſition of Oleum Magiſtrale, invented by Aparice a Moriſcoe *living in Spaine.*

℞ R. A quart of the beſt, and oldeſt white Wine, of the oldeſt Oyle Olive lib. iii. to theſe adde the flowers, and leaves of theſe hearbes following, *viz.* Of Hypericon lib. ſem. Cardus Benedictus, Valerian, the leaſt Sage, *ana* ℥ iiii. ſteepe theſe in the Wine, and Oyle foure and twenty houres, then boile them in a nealed pot or Copper veſſell on a gentle fire till the Wine be conſumed, alwaies ſtirring it, then take it from the fire, and ſtraine it, and put to the ſtraining of good Venice Turpentine lib. i. ſem. then boile it againe upon a ſoft fire a quarter of an houre, then adde thereunto Olibanum ℥ v. Myrrhe ℥ iii. Sanguis Draconis ℥ i. then boile it till the Incenſe, and Myrrhe be diſſolved, then take it from the fire, and let it ſtand till it be cold, then put it into a glaſſe bottle, and ſet it 8. or 10. dayes in the Sun, and the longer you keep it the better.

The true application of this Oyle according to the qualities of the Wounds, and Diſeaſes, doth conſiſt in theſe points following, viz. *To the Patient, to the Preparative, to the Wound, or Diſeaſes, to the Plaiſter, to the diſeaſed Part.*

1. FIrſt let the Patient eate, and drinke freely what hee will, he may eate to his dinner new laid Egges, Mutton, wilde Foule of the Woods, if they have bled, at night roaſt any of theſe; he need not forbeare groſſe Meates, nor Wine, if before he uſed them, but if his body be plethorick, or ſubject to a Feaver he muſt be carefull in his dyet, and if he drinke any Wine it muſt be allayed with Water; 2. If the Wound be great he muſt keepe his Chamber, if not his Bed, for feare of taking the aire; 3. He muſt lye as well on the one ſide, as on the other, and alſo on the wounded ſide, eſpecially an houre before he be dreſt, that the Humors may deſcend to the Wound; 4. He muſt endure the Oyle as hot as can be poſſibly, for it is the ſtronger in his operation if it be applyed ſcalding hot; alſo he muſt abſtaine from women both in the time of his cure, and for twenty dayes after if the wound be great.

To prepare the Wound you ſhall take good white Wine, and boile in it one handfull of Incenſe, which is only to comfort it, and herewith waſh the Wound within, and without, as hot as the Patient can ſuffer it, then wipe it very dry before you apply the Oyle.

If the Wound come by biting, or contuſion, he ſhall be dreſſed twice a day in Winter, at 8. in the morning, and 3. in the afternoone, in ſummer at 9. in the morning,

and 4. in the afternoone, but if they be green Wounds, then change not the plaiſter after the firſt dreſſing untill the next day.

If the wound be in the head, you ſhall ſhave away the haire 2. or 3. fingers broad round about the wound, and then ſtay the blood with Lint, or Towe dipt in the ſaid Oyle, with which you ſhall fill the wound, then lay on a cloth 2. or 3. doubles dipt in the prepared Wine, and rung hard out ſo broad as you have cut away the haire, then rowle it up. Note that at the firſt dreſſing the Wine ought not to be uſed, leſt a fluxe of blood follow; if the wound be large, dreſſe it but once a day for feare of bleeding for 2. or 3. dreſſings; afterward you may waſh the wound with the Wine as aforeſaid, then fill the wound with Oyle, and cover it with Lint ſteeped in the ſame, and upon that a compreſſe of Linnen 3. double round about, dipt in the Oyle, and upon that a compreſſe dipt in the ſaid Wine, as aforeſaid: when you perceive the wound neare Cicatrizing, uſe only this unguent following: R. Of the aforeſaid Oyle, Venice Turpentine, new Waxe, *ana*. Set it on a fire in a pan, and alwaies ſtir it for a quarter of an houre, then let it coole, and when it is cold, put it up for your uſe.

And when you uſe it, let it ſerve both for the Vnguent, and Emplaiſter: the Vnguent you muſt apply with Lint, and upon it a little dry Lint, and upon that an Emplaiſter of the aforeſaid Vnguent.

When a wound is made in the Head by contuſion, and healed up ſo that there is ingendred an Impoſtume, or other accident, which may be an offence to the braine, then you ſhall ſhave it, waſh it, and wipe it as before, then anoint it with the ſaid Oyle round about, and lay upon it compreſſes wet in the ſaid Oyle, and Wine, as before: doe this for the ſpace of v. or vi. dayes.

If

If the wound be in the Legs, or any ſinewy and muſculous Part overthwart, it muſt be ſtitched, or if there be any diſlocation, it muſt be placed in due order, and then waſh the wound as before; and if you feare any Symptomes, then waſh alſo the whole Member, afterwards anoint the whole member with the ſaid Oyle, and lay round about it a linen cloth ſteeped therein, and upon that a double cloth ſteeped in the ſaid Wine, and then roll it gently; doe the reſt as in wounds of the Head, if there be looſe bones, or any thing againſt nature in the wound, then put in a Tent to keepe it open untill ſuch time as you have taken them forth.

If the wound be made by Gun-ſhot, Sword, or Pike, then firſt ſtay the blood, and waſh, and wipe the wound as before, and if the member be pierced through, then Tent it on both ſides, according to the depth thereof, that the bruiſed blood may evacuate, and ſo dreſſe it twice aday, both ſides alike, both waſhing, and wiping, and anointing; if the wound pierce into the body, then tie the Tent with a thred, leſt it ſlip into the body, and day by day you ſhall ſhorten the Tent as occaſion ſhall ſerve.

If any part where there chanceth any Apoſtumation or ſwelling, whether it will maturate, or reſolve, thou ſhalt bathe the place with the ſaid Wine warme, and lay thereon linen clothes, ſteeped in the ſaid Wine, and wrung out a good breadth round about the place; and if it reſolve, then apply the ſaid Wine, and Oyle untill it be whole; but if it come to ſuppuration, then uſe it as other wounds.

For the Hæmorroids.

First wash them with the Wine, and lay on linen clothes wet with Oyle, and upon them other clothes wet with Oyle, and upon them other clothes wet in Wine, as before.

For the Gouts.

First, anoint all the grieved place with the Oyle, then apply linen clothes upon it steeped in scalding Water, and wrung out hard, this done three or foure times will ease the paine.

For Cankers.

If the Canker be not opened, the washing with the said Wine, and the pledgets steeped in the Oyle, and applied, will open it, then performe the rest of the Cure as aforesaid.

For paine in the Reines.

You shall anoint the Reines very well with the said Oyle, from the ridge of the backe to the belly, then lay on a linnen cloth steeped in seething Water, and wrung out hard, and upon it a great Pledget of Towe, and wrap his Legs very warme with cloathes, and let him lye downe on his Bed, and warme covered, let him sweat.

For

For old Vlcers.

Firſt cut the Lip thereof with a ſharpe Razor, then waſh it, and anoint it, as aforeſaid.

To make Oyle of Snailes.

22 R. A quart of garden Snailes in the ſhels, waſh them cleane, and breake the ſlimie skinne at the mouth of the ſhell, then put them in a cloth, with a handfull of Bay Salt, and hang them up with a diſh underneath to receive the Oyle which drops from them. This Oyle being anointed upon the hollow of the necke, and ſo downe the backe bone, and from the throat downe to the end of the breaſt bone, cureth a conſumption, if taken in time.

To make Oyle of a Dogge for the Gowt.

23 R. A fat Dogge, and kill him, and take out his Guts, and Bowels, and Gall, but keepe in the Heart, and Lungs, and Liver, then fill the body full of Frogges, and blacke Snailes, and ſowe him up ſtrongly, and roſt him on a Spit, as long as he will drop one drop, then put the Liquor in a cleare Veſſell, and put thereto a pint of Oyle of Bay, and blacke Soape ℥ i. and temper them together, and anoint the grieved Part therewith.

An Oyle for the Palſie.

24 R. A new earthen pot, and fill it full of Camomil, and ſtop it well, and ſet it in another Pot under ground for x l. dayes, then take it up, and you ſhall finde Oyle therein,

therein, and anoint the place therwith; if it be thy head, anoint thy forehead; if thy hands, anoint thy Wriſts.

To make Oyle of Swallowes.

25 R. Ten Swallowes, beat them quicke in a Morter with Spike, Lavender Cotten, Knot-graſſe, Ribwort, Balme, Valerian, Roſemary tops, Woodbine tops, ſtrings of Vines, French Mallows, tops of Alehooe, Strawberry ſtrings, Tutſane, Plantaine, Walnut leaves, Bay toppes, Hyſſope, Violet leaves, Sake of Vertue, Roman Wormwood, *ana*. m. i. Camomill m. ii. Red Roſes, m iii. then put to them a quart of Neats-foot Oyle, or May Butter, and grinde them together with an ounce, or two of Cloves, then put them in an earthen pot, ſtopped cloſe with *lute ſapientiæ*, and ſet them nine dayes in a Cellar, then take them out and ſeeth them ſeven, or eight houres on the fire, or in a pan of water, but firſt open your pot, and put in white or yellow Waxe, and a pint of Oyle, or Butter.

An Oyle for a noiſe in the Head.

26 R. A Silver Eele, roſte it, but baſte it not, then take the dripping, and put it into a Pipkin with ſome Commin ſeedes; infuſe it all night in the Embers, then take the Oyle, and pretty warme, drop a little into the Eare that moſt troubles you, and you ſhall finde helpe in a ſhort time.

An Oyle for the dead Palſie.

27 R. Sheepes feet, and boyle them with the Wooll a great while, then take the Oyle of them, and red Sage, and

and boile them together well, then when you use it, take a little Aqua vitæ, and Pepper, and warme them together, and anoint the place therewith, and after with the Oyle.

Because it will be a great deale of trouble, and charge in a private house to distill, and draw Oyles from Gums, Spices, Seeds, Roots, Hearbes, &c. except they had occasion for greater Quantities: and for such Portions as they shall use, they may buy at the Chymists; I will therefore only set downe the names of the Oyles, and the vertues thereof; for such as are desirous to learn the Art of Extracting, may finde divers Authors to that purpose.

Oyle of Mastick.

28 It is excellent against all cold Diseases of the Mawe, comforteth the Liver, Lights, and all inward Parts of the Body; being drunken, it helpeth those that Vomit, and Spit Blood, it consumeth, and breaketh all inward Sores: this Oyle being anointed on the Belly, stoppeth the Fluxe, and womens Termes, and is also good for the Mother that is fallen downe, if you anoint it therewith, and the underpart of the Belly; it is good for young Children whose Arse gut commeth forth, if you anoint it therewith, and put it up againe; it is also good for those that are Burst, if you anoint them therewith, and let them weare a Truss; being anointed on fresh Wounds, it helpeth them soone, laying thereon a Cloth wet in the same; anointing the Gums, fasteneth the Teeth and causeth a good Digestion, if you anoint the Stomack therewith.

Oyle of Storax Calamite.

29 Three, or foure drops of this Oyle being drunke, comforts the Lungs, it helps the paines of the Mother being drunke, and the place anointed therewith: beware you take not too much of this Oyle, for it is dangerous; if you put a drop, or two into the Eares, it takes away the buzzing noiſe.

Oyle of Galbanum.

30 Is good againſt an old Cough, and for ſuch as are Short-winded, and cannot eaſily draw their breath: this Oyle being taken with Oyle of Myrrhe in a little Wine, is good againſt Venome, drunken; likewiſe being thus taken, it procures womens Naturall ſickneſſe, and driveth downe the dead Childe, if you make a perfume thereof into the Wombe: it is held very good for the riſing of the Mother, being laid to the Navell, it ſettles the Womb that hath beene miſplaced; this Oyle is Mollificative, and being mixed with any convenient Vnguent, it draweth forth Thornes, or cold Humours: mix this Oyle with the Root of Angelica, or the Seed, or Roote of Spondilium, and if you touch any Serpent, or Venemous Beaſt therewith it will die; in fine, it is ſo oppoſite to Venome, that the Perfume of it (being burned) drives away Serpents from the place.

Oyle of Myrrhe.

31 This Oyle preſerveth all things from Putrefa&i-on, and if you anoint the Face, and Hands therewith, it cauſeth them to looke young a great while; if you mixe it with Wine, and waſh the Mouth, it will faſten the Teeth; it ſtoppeth the Laske, and helpeth the Stitch in the ſide if you drinke thereof one Dramme: it helpeth all ſtinking Sores, and is good for Wounds in the Head, and Paines in the Eares, if it be put therein; alſo if you put one, or two drops thereof into the Eyes, it preſerveth the ſight; it helpeth all the Paines of the Mother, if it be anointed therewith; alſo it dryeth, and conſumeth all Accidents after birth, and is marveilous good againſt a Feaver, if the Patients body be anointed therewith, and laid to ſweate.

Oyle of Sagapenum.

32 Is good for the Stitch in the ſide, and an olde Cough; it is very good againſt the Crampe, and all Paines of the Hips, and Ioynts, comming of Cold; if you anoint the Noſthrills of women in Childbed therewith, it availeth much, and eaſes their Paine, for it driveth forth the Childe quickly, whether alive, or dead, being drunke with Wine, it is good againſt Poyſon: but by any meanes let women with Childe take heed of this Oyle.

Oyle of Caſtoreum.

33 Being anointed on the Neck, and drunke with Wine, availeth much to thoſe that have the Falling ſickneſſe, it is alſo excellent againſt Apoplexie; it helpeth the Cholick, and ſuffocation of the Matrix.

Oyle of Ambre.

34 It is good againſt the Cholick, and ſuffocation of the Matrix, if you anoint the Parts therewith; if a woman drinke three, or foure drops thereof, it cauſeth her to be fairely delivered; it is good againſt Paines, and Fluxes of the Head, reſolution of Sinewes, and Falling ſickneſſe; if ye drinke thereof in a Morning three, or foure drops in Piony Water, it preſerveth from all poiſons, and peſtiferous Ayres; It driveth forth the Stone in the Bladder, or Reines, if it be drunke with Malmeſey, or Parſeley Water.

Oyle of Ammoniacum.

35 Being taken three, or foure drops in the Yolke of an Egge, it helpeth Vlcers in the Breaſt; it diſſolveth all hardneſſe, and ſwellings, and taketh away the paines of the Milt, if you mixe this Oyle with as much Oyle of Galbanum, and a very little Oyle of Wormwood, and anoint the place; alſo being mixed with Oyle of Wormwood, and anointed on the Navell, it killeth Wormes.

Oyle of Waxe.

36 Is good in all Wounds made by Contuſion, if a cloth wet in the ſame be laid thereon; being taken inwardly, it provoketh Vrine, and eaſeth Stitches, the doſe is a dramme at a time with white Wine; it helpeth the cold Gout, and Sciatica comming of cold; in fine it is an Oyle that is miraculous in his operation, and is as it were a divine Medicine.

Oyle of Butter.

37 If you anoint your hands, and face with this Oyle, it will preſerve them faire; it is alſo good for them that have a Catarre, if they take an ounce faſting.

The quinteſſence of Honey.

38 Diſſolveth Gold, or any Iewel put therein, it helpeth the Palſey, Falling ſickneſſe, Cough, Catarre, and paines of the Milt, and many other diſeaſes; and two, or three drammes thereof given to a dying man will recover him againe, like as quinteſſence of Wine will doe; and certainly it is a divine Liquor, becauſe it falleth like the dew from heaven upon the hearbes, then which nothing is ſweeter.

Oyle of Cinamon.

39 Is very hot, and dry, and pierceth through fleſh, and bones; it recovereth loſt Speech in ſickneſſe; it helpeth all Diſeaſes that come through cold, and flegmaticke matter; it procureth womens naturall ſickneſſe, and eaſ-

eth them in travell; if you give the Patient a little of this Oyle, with a little Oyle of Myrrhe in Wine to drinke, and anoint the parts therewith; the face, and hands being anointed therewith, it freeth from Meaſels, and Spots, it warmeth the breaſt, and cureth the old Cough, and cauſes ſleepe, and if a man take never ſo little of this Oyle, he ſhall feele the heate thereof in every member of his Body.

Oyle of Mace.

40 Is good to be taken three, or foure drops faſting in a ſpoonfull of Broth againſt the Collick, and Strangury which come of cold cauſes: it comforts the Heart, the ſtomack, and the womb, and helpes all cold diſeaſes.

Oyle of Cloves.

41 One or two drops hereof taken in a morning with Wine helpes a ſtinking breath, it makes the heart merry, and ſtrengthens the brain, and head; being outwardly applyed it heales wounds, and may be uſed in ſtead of Balme; being put into the eyes it cleares the ſight; it cauſeth good digeſtion, and purgeth Melancholy, it is good to make *Manus Chriſti* with this Oyle, which have as much vertue as the Oyle it ſelfe.

Oyle of Nutmegs.

42 This Oyle drunke with Wine provokes womens Viſits, and driveth out the dead fruit, therefore women with childe ought to beware of this Oyle untill their time of deliverance come, then it cauſeth them to bee fairely and eaſily delivered, it is excellent againſt fainting

ing, and ſwouning, and beating of the heart, if you drink thereof, and anoint the region of the heart therewith, it expelleth flegmatick, and groſſe humours, and cauſeth alacrity; if any by a fall catch a wound, bruiſe, or broken Rib, let him only drinke of this Oyle with ſome vulnerary drinke, and it helpes him; it is good againſt uncurable Vlcers, and for all cold diſeaſes of the joynts, and ſinewes; anoint the left ſide therewith, and it aſſwages the ſwelling of the Spleene; it helps all affects of the Bladder, and Reines.

Oyle of Pepper.

43 Is very good againſt the Cholick, and other weake places filled with phlegme; it is very hot, and piercing.

Oyle of Saffron.

44 If you anoint the head with this Oyle, it provokes ſleepe, mixed with womens Milke it ſtayes the fluxions of the eyes; being anointed on S. Anthonies fire, it deſtroyeth it, and preſerveth the place; being drunke with Wine it maketh the heart merry; and if you anoint the Temples of a drunken man therewith, it makes him ſober.

Oyle of Quince ſeed made by expreſſion.

45 R. The ſeed of Quinces, ſtampe them and put them into a frying pan with a little Wine, and ſtir them well together untill they be ſo hot as you cannot ſuffer your hand therein, then put it into a Canvaſſe bagge, and preſſe it out in a preſſe, and there will be both Oyle and

and Water which you muſt ſeparate. This Oyle is excellent againſt all paines in the Stomack, and helpeth digeſtion much, and diſſolveth Wind, it inciteth to Venery, and is good againſt the Emerroids, and Fiſtulaes.

Oyle of Roſemary flowers.

46 Take Roſemary flowers, and ſtampe them, and put them into a glaſſe with ſtrong Wine, and ſtop it cloſe, and ſunne it five, or ſixe dayes, then diſtill it with a ſoft fire, and there will be both Water, and Oyle to be ſeparated; keepe the Oyle cloſe in a glaſſe.

This Oyle helpeth againſt all inveterate Headache, though of ſeven yeares ſtanding; it comforteth the memory, and preſerveth the eyes, if you drinke now, and then a drop, or two, and put one into the Eyes; being put into the Ears, it helpeth thoſe that are deafe, it availeth in the Dropſie, and yellow Iaundiſe; it helpeth the Cholick, and riſing of the Mother; it is excellent for thoſe that have drunke Poyſon, or are infected with the Peſtilence, if you drinke thereof a little, and lay you downe to ſweat: it comforteth the Heart, cleanſeth the Blood, and maketh a man merry, and cauſeth a good Colour, and is very good for thoſe that have the Itch, or any other Scabs; in fine, it helpeth all diſeaſes that come of Cold, and Moiſt humours.

Oyle of Time.

47 Is made as aforeſaid.

It provoketh Vrine, and expelleth the Secondine, and dead Child; it procures the Viſits in women, and diſſolveth clotted Blood in the body: if you take it with Oximell, and a little Salt, it purgeth tough, and clammy Flegme, and mundifieth the Blood.

Oyle of ſweet Margerome.

48 Being drunke with Wine, it is good againſt thoſe that are falling into a Dropſie, and for thoſe that piſſe with much difficulty drop after drop, it is good for thoſe that have paines, and gripings in the Belly, and provokes womens naturall ſickneſſe.

Oyle of Mint.

49 It is moſt profitable for the Stomack, and being drunke with Vinegar it ſtayeth the Vomiting of blood, and killeth the round Wormes, and cauſeth good digeſtion: being drunke with ſome convenient potion it availeth much againſt the griping paines of the Colick, and ſtoppeth the overmuch Flux in Women; being drunke with Wine, it eaſeth women in Travell, and is ſingular good againſt the gravell in the Kidnies, and againſt the Strangury.

Oyle of Penetroyall.

50 Being drunk with Wine it bringeth the Monthly issue, sendeth forth the Secundine, and expelleth the dead Fruit, or false Conception: it provoketh the Vrine, and breaketh the Stone in the Kidnies being taken with purified Honey: being drunke with Water, and Vinegar, it stayeth the desire of Vomiting, the fume or smoak of this Oyle being taken into the Wombe with a Funnell, is good against Windinesse, and stopping of the Mother.

Oyle of Sage.

51 It is good for Wounds, and Bruises, and provoketh Vrine, & breaketh the Stone, it is also good for Women with childe to use it now, and then, for it closeth the Matrice, and comforteth the Fruit: Being drunke it helpeth Conception, drunke with Wormewood Wine it stayeth the bloody Fluxe.

Oyle of Isop.

52 Eaten with Honey it helpeth the Cough, shortnesse of Breath, and stoppings of the Breast, being drunk with Sirrup of Vinegar, it purgeth downeward tough Phlegme, and killeth Wormes.

Oyle of Ivy.

53 Is excellent against the Pestilence, and all manner of Poison, it stoppeth the bloody Fluxe, and helpeth all diseases either of the Bladder, or Reines, and drunke with Wine it restraines womens Fluxe, with this Oyle anoint the Belly of a woman from her Navell to the Reines of her back, and downe to the Matrice, and it will strengthen the Mother, and dry up the Moisture therein, and prepare it for Conception: if those that cannot make water doe drinke foure, or five drops of this Oyle, and anoint the region of the Bladder therewith, it helps them presently; it expelleth the Wind in the Guts, and stayeth the running of the Reines, it is good against the Water betweene the Skin and the Flesh, it killeth Worms, and helpeth all sick Members, pain in the Hips, Gout, and Cholick, and Chops in the Hands, or Feet.

Oyle of Rue.

54 Being drunke with VVine availeth much against Poisons being taken twice, or thrice in three daies; it helpeth all diseases of the Eyes from what cause soever they proceed, if the apple be not perished; if you anoint the Eye twice a day therwith; it restores Members nummed with the Palsey, if they be anointed therewith.

Oyle of Aniſeeds.

55 Being drunke with Wine in a morning faſting, cauſeth a ſweet Breath, it is good againſt Winde in the Guts, and Stomack, and cauſeth the Pain to ceaſe if you drinke three, or foure drops, and anoint the Stomack therewith, it purgeth Phlegme upwards, it inciteth to Venery, and driveth forth Poiſon by ſweat, it is moſt excellent for ſhortneſſe of Breath, and comforteth the Lungs, and breaketh the Stone in the Reins, and Bladder.

Oyle of Fennell ſeed.

56 It is moſt excellent for the Eyes to drink thereof once a day, and to put a drop in the Eye morning, and evening, it helpeth the Dropſie, and yellow Iaundiſe; in hot diſeaſes adminiſter it with cold Waters, and in cold diſeaſes with Wine: This Oyle breaketh the Stone in the Reines, and provoketh Vrine, and Moneths, and breaketh winde being taken in *Manus Chriſti*.

Oyle of Parceley ſeed.

57 Opens the obſtructions of the Liver, and Kidnies, and provoketh the Moneths if it be drunke with convenient Medicines; it cauſeth good digeſtion, and comforts the Stomack, and expells the Gravell, and Stone, and is good againſt all Poiſons, Blaſtings, and Windineſſe.

Oyle

Oyle of Radish seed is made by expression.

58 R. The seed of Radish, and stamp it small, and to every pound of seed put two ounces of good Wine, then stamp it againe untill it be mixed, and put it into a Copper, or Iron vessell, and set it over the fire, continually stirring it untill it be scalding hot, then put it into a Canvasse bagge, and presse it forth, and separate the Oyle from the Water. This Oyle causeth good Digestion, and provoketh Vrine, breaketh Winde in the Stomack, and also the Stone in the Bladder it expelleth.

Oyle of Mustard seed.

59 Is made by expression, as aforesaid. It provoketh the Termes if you anoint the Reines, and without the Matrice, and also drinke it, it dissolveth the paines in the Side, and of the Mother, and expelleth Gravell, and Stone.

Oyle of Coleworts seeds.

60 Is made as aforesaid. It is good against Wormes, and all Inflammations in the Body, and preserveth Armour from rusting.

Oyle of Linseed, or Flaxe seed.

61 Is made as before. It is good in a Plurisie, and dissolveth it if you give foure ounces thereof to drinke, it is used for Painting, and to make Vernish.

Oyle of Mans-skull.

62 You ſhall buy this Oyle of the Chymiſts, it is good againſt the Falling ſickneſſe, giving three graines at a time thereof to drinke.

Oyle of Saturne, and Iupiter, that is, of Lead, and Tin.

63 It is the moſt excellent of all Oyles to heale Wounds, ſo as no bones be broken, or cut.

Oyle of Mercury, or Quickſilver.

64 Is marveilous good in freſh Wounds, and to be uſed outwardly for the Poxe, anointing the Sores therewith.

Oyle of Hempſeed.

65 If any one drinke one ounce of this Oyle at a time, it maketh him pleaſant, and merry, it is profitable for Women, it maketh them merry, and comely to ſee to, and maketh Souldiers couragious, it is made as the Oile of Linſeed.

Emplaiſters.

Emplaiſters.

Chap. XXXIV.

Emplaſtrum de Ianua.

R. The Iuice of Smalladge, Plantaine, and Betony, *ana* lib. i. Waxe, Pitch, Roſin, Turpentine, *ana* lib. ſſ. let three of the Simples be concocted in the Iuices, ſtirring them eaſily till the Iuices be conſumed, then take it from the fire, and put in the Turpentine; It is marveilous effectuall in Wounds, and greene Vlcers, it pacifieth Inflammation, Detergeth, Agglutinateth, Incarnateth, and alſo Cicatrizeth.

Emplaſtrum Divinum.

2 R. Of Galbanum, Myrrhe, *ana* ℥ i. ℥ ii. Ammoniacum ℥ iii. ℥ iii. Oppoponax, Maſtick, long Ariſtolochia, Verdigreaſe *ana* ℥ i. Litharge, common Oyle *ana* lib. ſſ. new Waxe ℥ viii. Frankinſence ℥ i. & i. Bdellium ℥ ii. Loadſtone ℥ iii. the Litharge by ſtirring is mingled with the Oyle after it is boiled, untill it become thicke, then adde the Waxe in ſmall pieces, and as ſoon as it is melted take it off the fire, and put in the Galbanum, Oppoponax, Ammoniacum, and Bdellium, diſſolved in Vinegar, and Wine boiled, and ſtrained, after adde the powdered Myrrhe, Maſtick, Incenſe, and Ariſtolochia, and Loadſtone, next ſtrew in the Verdigreaſe, leſt

leſt that if it ſhould be boiled any long ſpace, the Emplaiſter become red.

This Emplaiſter is marvellous good againſt maligne Vlcers, for it detergeth, and conſumeth Quitture, and corruption, and ingendreth new Fleſh, and bringeth them to a Scar.

The black Emplaiſter.

℞ R. Of red Lead lib. i. of white Lead lib. ſſ. Oyle Olive lib. ii. ſſ. boile them together untill it looke black; then take it off the fire, and make it up in rowles. It is a very good Salve for all manner of Sores, or Aches.

To make an attractive Plaiſter for the Gout.

℞ R. Of Waxe lib. ſſ. ℥ iiii. Roſin lib. ſſ. Colophony lib. ſſ. ℥. iiii. Bolearme. ℥ iiii. Benjamin ℥ ii. Storax liquid ℥ ſſ. Storax calamite ℥ ii. Maſtick ℥ i. Olibanum ℥ i. Myrrhe ℥ i. Aſſafætida ℥ ii. Galbanum ℥ ſſ. Saffron ℥ ſſ. Oyle of Roſes ℥ i. Cloves ℥ i. Deeres ſuet lib. ſſ. melt your Waxe, and Deere ſuet upon a ſoft fire, then put it to the Roſin, Colophony, and Bolearmenick, and then put in halfe the reſt of the Parcels, reſerving the Oyle of Roſes, Benjamin, and Galbanum, they muſt be laſt, ſtir it continually upon the fire, put it into a Canvaſſe bagge, and ſtrain it with a rowling pin, then boile a good quantity of Plantaine in vi. Gallons of Water, two houres, then ſtraine it, and when it is cold, ſtraine your Plaiſter into it, and make it up in rowles.

An excellent Emplaister to heale any Wound, or Ache.

5 R. Valerian, Woodbine, Isope, Devils-bit, Adders tongue, Hounds tongue, Capons Feather, S. Iohns wort, Houseleeke, Red Sage, Brier leaves, Diasie leaves, Tutsane leaves, Cumfrey, Selfeheale *ana* m i. Houseſnailes one Pint, chop them, and the Hearbes, and boyle them according to Art in a double Vessell, in a sufficient quantitie of May Butter, and straine it; adde of Frankincense ℥ii. Myrrhe, and Sacrocole *ana* ℥ i. Alome, Honey, Waxe, Rosin, Turpentine *ana.* ℥ vi. boyle it according to Art, and reserve it for your use.

Sir Philip Parys *his Emplaister.*

6 R. Of Oyle Olive, lib. ii. red Lead, lib. i. white Lead lib. i. beat and searse them, Spanish Soape ℥ xii. Incorporate these well together in an earthen Pot well glazed before you put them to boyle, then put them upon a gentle fire of Coales for one houre, and a halfe, ever stirring it, then encrease the fire untill the red turne to gray, and so continue the stirring untill the matter become of the colour of Oyle, and somewhat darke; dry it on a Trencher, if it cleave not thereto, it is enough, dip your linen Clothes therin, smoothe them with a Sleek-stone, it wll last thirty yeeres.

This Plaister, laid upon the Stomacke, provoketh Appetite, and taketh away any Griefe from the same; laid to the belly, it easeth the Cholicke speedily; laide to the Reines, it stoppeth the Bloody Fluxe, the running of the Reines, the heat in the Kidneyes, and weaknesse of the Backe: It healeth Swellings, Bruises,

Aches: It breaketh Swellings, Bruises, Apostemes, and healeth them; It draweth out Humours without breaking the Skinne: It healeth the Diseases of the Fundament: laid upon the Head, it healeth Headach, Vvula, and Eyes; laid to the Belly, it bringeth Womens monthly Visits, and maketh the Matrice apt for Conception.

A most approved Plaister for a Rupture.

7 R. Of Aloes Citrine ℥ i. Dragons blood, ℥ i. Myrrhe ℥ i. Mastick, Bole Armenicke, Gumme Dragant *ana.* ℥ iii. powder them all very finely, and make an Emplaister with the Slime of Red Housesnailes.

A Plaister very excellent for the Sciatica.

8 R. Yellow VVaxe, Rosin, Rosin of the Pine, *ana* lib. i. Colophony, lib. ss. Masticke, Frankincense, *ana* ℥ ii. Myrrhe, ℥ i. Sheepes Suet, lib. ss. Cloves, Mace, *ana*, ℥ i. Saffron ℥ ss. Galbanum, Oppoponax, Bdellium, *ana*, ℥ i. Red VVine lib. ii. running VVater, lib. i. Camphire, ʒ iii. make an Emplaister.

A Plaister to heale, Cicatrize, and asswage paine.

9 R. Oyle of Roses, lib. i. Cerus, red Lead, *ana* ℥ ii. Litharge of Gold, and Silver, Dragons blood, Lapis Calaminaris, Bolearmenicke, *ana*, ℥ ss. Camphire ℥ iii. powder them that are to be powdered, and make a Plaister with white Waxe.

To

To make Oxycrotium good for old Bruiſes, and Ache in the Limmes, and to diſſolve hard Impoſtumes, alſo for broken Bones, and Wounds that have beene healed faire without, but rankle within.

10 R. Of good Waxe ℥ iiii. as much Colophonie, as much blacke Pitch purified, Saffron ℥ i. ſſ. powdered, Maſticke, Frankincenſe, *ana.* ℥ ii. Myrrhe, ℥ iiii. Gumme *Ammoniac*, *Galbanum*, *ana.* ℥ ii. ſteeped all night in Vinegar, and ſtrained and boyled againe untill two parts of the Vinegar be waſted, then take the Pitch melted, and put to the Gummes, and Vinegar, then melt the Waxe, and put thereto, and then the Colophony in Powder, next the Maſticke, and laſtly the Frankincenſe, & Myrrhe powdered, ſtirring all together very faſt, then adde of Turpentine ℥ ii. but let the Plaiſter be no more then warme, and ſtirre it continually untill all be very well mingled; but before yon put in your Turpentine, you muſt put in your Saffron, mingled with the Yolke of three, or foure Egges, then ſtraine it into warme water, and anoint your hands with Oyle of Bay, and make it up, and ſtrike it on Cloth, or Leather.

Another Oxycrotium for any other Ache in the Body, or paine in the Breaſt, or for the Sciatica.

11 R. Of the fineſt *Olibanum* ſearced lib. i. of Roſin beaten and ſearced lib. i. of Ship Pitch ſtrained lib. i. Sheepes Tallow lib. ſſ. tried. Colophony ℥ iiii. Comin ℥ iiii. *Ladanum* ℥ ii. Cloves, Mace, *ana*, ℥ i. Saffron, ℥ ſſ. powder all the Spices, then take a cleane Panne, and melt the Roſin on a ſoft fire, and let it not ſeeth; then put in the *Olibanum* by degrees, untill it be all molten,

then put in the Tallow scraped small, and then the *Ladanum*, when all is melted, and brayed in a hot Morter with a hot Pestle, take your Cloves, Mace, Saffron, and Comin all in fine Powder, and mingle them well together, and take your Panne off the fire, and put in the Spices, stirring it well, and looking that it seeth not over; then strike your * Skinnes whiles it is hot, and the rest make up in Rolls, anointing your hands with Oyle when it beginneth to be hard. This is the best Plaister for Gouts, and Aches, especially if they come of cold Rhumaticke matter, or the like cause, that is to be had, removing it after the paine, as the paine removeth.

* *Sheepes Skinnes finely tawed.*

Another Morsus *Plaister, called* Oxecrotium.

12 R. Ship Pitch, Saffron, Colophony, Bee Waxe, *an*, ℥ iiii. Turpentine, *Galbanum*, *Ammoniacum*, Myrrhe, fine Frankincense, Masticke, *ana* ℥ i. ß iii. lay your *Galbanum* in Vinegar all night, and then boyle it, and straine it, and melt all your Gummes, and mingle them by stirring them, and put in your Turpentine last, continually stirring it, and after make it up in Rolls.

An Emplaister for an Ache.

13 R. Euforbium, mingle it with twelve times so much, of the best Oyle Olive, and a little Waxe, and make an Emplaister, It is good against all Paines, and Aches in the Ioints, sudden takings, & Lameness, Palsies, Crampes, and shrinking of Sinewes, and is exceeding good for benummed, and dead Limbes, or Members, having the Heard *Agnus Castus*, or Tutsane, infused in the Oyle before.

A Salve to Draw, and Heale.

14 R. Of Turpentine, one peniworth, Virgins Wax, as much as a Walnut, freſh Butter as much, Honey one ſpoonfull, melt all theſe together in a Panne, then ſtrain it into faire Water, and keepe it for your uſe.

A good Emplaiſter for old Sores, or new.

15 R. Of Roſin ℥ iiii. melt it in a Panne, then take of Waxe ℥ ii. Turpentine, a little, and a quantity of Sheepes Suet, chopped ſmall, and a ſpoonefull of Oyle Olive, and boyle them all together, then ſtraine it into Water, and make it up; if there be any Core in the Sore, that may hinder the healing, take a little Mercury, and put it into two ſpoonefuls of Water, and when it is melted, and congealed together, take a Feather, and drop in two, or three drops, and ſo lay on the Plaiſter.

An Emplaiſter called, Gratia Dei.

16 R. Of Roſin, lib. ſſ. boyle it, and ſcumme it clean, then take of unwrought Waxe, ℥ iiii. and put it to the Roſin, and boyle them together, then take of Turpentine, Sheepes Suet, *ana*, ℥ i. Oyle Olive, a ſpoonefull, put them all together to the Roſin, and Wax, and boyle them, till the Scum be gone, and it waxeth black; then take it off the Fire, and cleanſe it through a faire linen cloth, into Water; then worke it in your hands, and pull it out, as you doe Birdlime, a quarter of an houre, and make it up in Rolls. This Salve is good for any old Sores, or for freſh Wounds.

An Emplaiſter for a Bruiſe in the Leg, or Arme, or elſewhere.

17 R. Water Creſſes, and waſh them cleane, and ſeeth them ſoft, and beat them ſmall in a Morter, then put them in a Panne, and put thereto Sheepes Suet, or Deeres Suet, and Wine Lees, as much as ſhall ſuffice, and Wheat Branne, and fry all together, and make a Plaiſter, and lay it warme to the Sore, and ſo uſe it often, as need ſhall require.

To make a blacke Salve that cureth all old Sores, and Fleers, be they never ſo foule, and ſtinking.

18 R. Of good ſtrong Ale, one gallon, of Woodbine leaves, m. ii. red ſeeded Nettles, m. i. Colewort ſeeded, with the jagged leafe m. i. red Onions lib. ſſ. Garlicke pill, lib. ſſ. unſet Leekes, lib. i. Barke duſt a little diſhfull; ſtampe all theſe to Powder, very ſmall, ſeverally by themſelves, and put them into the Ale, with Roch Allome lib. ſſ. then boyle them on a ſoft fire, untill more then halfe be waſted, then let them ſtand three or foure dayes, and ſtraine them into a faire Veſſell, then adde to them of Waxe, Roſin, Nerve Oyle, *ana.* lib. ſſ. Engliſh Honey the beſt one quart, then boyle it againe on a ſoft fire, untill halfe be conſumed, then keepe it in an earthen Veſſell, cloſe ſtopped for your uſe.

A good Emplaiſter for an Ache.

℞ R. Roſin lib. ſſ.
Frankincenſe lib. ſſ. } powdered.
Ladanum, Maſticke *ana.* ℥ i.

Vnwrought Waxe, Deeres, or Sheepes Suet *ana.* ℥ ii. Camphire ℥ ii. Turpentine ℥ ii, melt the Roſin, Frankincenſe, and Waxe, in a pottle of white Wine, and when they are molten, put in your Maſticke, and Ladanum, and then your Suet: when all theſe are well melted together, then grinde your Camphire, and put it in, and laſt of all, your Turpentine; then take it from the fire, and ſtirre it untill it waxe cold, then make it up in Rolls, and keep it for your uſe. When you uſe it for any Ache, make a Plaiſter of new Sheepes Leather, broader then the place you are to lay it to, then ſpread on your Salve as thinne as you can upon the Fleſhy ſide, and pricke it full of holes, and ſo lay it to, but take it not off from the place, untill it come off it ſelfe without pulling.

To make the greene Salve.

℞ R. In May, or Iune, theſe Hearbes following, (*viz.*) Plantaine, Ribwort, Yarrow, Vrben, Betony, Egrimony, Burnet, Mugwort *ana*, m. i. gather them clean without duſt, for you muſt not waſh them, then ſhred them ſmall, and ſtampe them till they be like a Salve, then boyle them halfe an houre in a pottle of good white Wine, then ſtraine your Liquor, and wring your Hearbes as hard as you can, then after it hath boyled a walme, or two, take it off the fire, and put to it, Roſin, Turpentine *ana.* lib. i. Waxe lib. ſſ. ℥ iiii. Maſticke ℥ ſſ. finely

finely powdered, melt theſe, and ſtraine them into the aforeſaid Liquor; then boyle them all together untill it be neare enough, and put into it a Porrenger full of the juyce of Parſeley, and ſtirre your Panne with a Sticke, ſo faſt as you can; then boyle it a little, and take it off the fire, continually ſtirring it untill it be cold; then worke it into Rolls, and keepe it from the duſt.

A very excellent Salve for Wounds, and old Sores.

21 R. Of pure Roſin lib. ſſ. ℥ iiii. unwrought Wax ℥ vi. Sheepes Suet, and freſh Butter clarified *ana*. ℥ iiii. reſolve all theſe upon a ſoft fire, then put thereto of Verdigreaſe beaten into fine powder, a quarter of an ounce, then ſtraine it into a pint of white Wine, and ſtirre it untill it be cold, then make it up in Rolls.

A Salve for freſh Wounds.

22 R. Red Lead lib. i.
white Lead, lib. ſſ.
Caſtle Soape, ℥ vi.
Oyle Olive, one quart
} boile them to the thickneſſe of an Emplaiſter.

A Plaiſter to ripe an Impoſtume.

23 R. Of the Crummes of Bread well ſearſed lib. i. of the Broth of Veale, or Mutton, or of a Hen wherein the Rootes of Marſhmallowes, and Holliocke, and the rootes of Lillies were ſodden; put the Bread into this Decoction while it boyleth, then ſtraine them all very hard, and ſtampe them in a Mortar, and when they are well ſtamped, put to them, of Oyle of Camomile, Oyle of Roſes *ana*. ℥ ii. Oyle of Lillies, Hennes greaſe, and Butter

Butter, *ana* ʒ vi. and of the decoction as much as ſhall ſuffice, and ſet them on the fire againe, ſtirring them untill they come to be ſtiffe: hereof make Plaiſters to bee laid upon the Phlegmatick Apoſtems twice a day.

Another for the ſame.

24 R. The leaves of Mallows, and of Violets *ana* m. i. Rootes of Langdebuſe tender, and freſh ʒ ii. Rootes of Hollihock ʒ iiii. boile them perfectly, then chop them ſmall, ſtampe them, and ſtraine them finely; then take a little Linſeed, and Fenugreeke well beaten, and put them in the decoction, with Barley flowre, and make a ſtiffe Plaiſter; adding of common Oyle ʒ iii. freſh Butter ʒ ii, of freſh Swines greaſe ʒ ii. yolkes of Egges nu. iii. mingle them againe, with the Rootes ſtrained, and ſet them on the fire againe, and ſtir them about, and make a Plaiſter, and uſe it twice a day.

A Gratia Dei for all Wounds, and Vlcers.

25 R. Of the greater and leſſer Centaury, Woodbine, Alleluia, Plantaine, Ribwort *ana* m. ii. the greater, and leſſer Comfrey, Mouſeare, Clary, Yarrow, *ana* m. i. flowers of Roſemary, Wormwood, Mugwort, *ana* m. ſſ. Rootes of Madder ʒ iiii. Graines powdered ʒ ii. flowers, and leaves of S. Iohns wort, Egrimony, Knot graſſe, Vetveine, Horſe taile, *ana* m. i. ſſ. cut them, and ſtampe them together, and adde of freſh Swines greaſe melted lib. i. ſſ. Oyle of Roſes odoriferous lib. ii. cleare Turpentine, Cowes Tallow, lib. ii. ſſ. Sheepes Suet lib. i. ſtampe theſe againe with lib. iii. of good Wine, and ſo leave them the ſpace of 9. dayes in the Sun, then boile them on a ſoft fire till the Wine be conſumed, then add

of cleare Turpentine ℥viii. Maſtick, Roſin of the Pine, *ana* ℥iii. Gumme Elem. ℥ii. white Waxe ſufficient: make a ſtiffe Oyntment, and malaxe it in good Wine, then in Goates, or Cowes milke, laſtly in Aquavitæ.

An Emplaiſter to heale Cankers, Fiſtulaes, and maligne Vlcers.

26 R. Of Litharge of Gold lib.i. and powder it fine, Oyle of Roſes qr.i. white Wine pi.i. old Vrine pi. ſſ. well clarified, Wine Vinegar pi. ſſ. Virgin Waxe two penny weight, as much Olibanum, Myrrhe one penny weight; theſe Gummes finely powdered and ſearſed, then put all over the fire, ever ſtirring it till it grow black, then put in your Vrine, and boile it one houre, ever ſtirring it, and it will be a moſt excellent Plaiſter.

A Plaiſter for ſhrinking of Sinewes.

27 R. Of Water Creſſes, and Camomill *ana*, grinde them ſmall, and fry them with wheaten Meale, and Honey, and lay it on a linnen Cloth to the Sore, Plaiſter wiſe, as hot as you can ſuffer it, and change it twice a day.

The Tobacco Salve for freſh Cuts.

28 R. Of the Iuice of greene Engliſh Tobacco qr.i. Sallet Oyle pi.i. a little Turpentine, a little Waxe, and a little Verdigreaſe; boile them to a Conſiſtence, and make a Plaiſter.

Note, that the beſt Cloth for Plaiſters, is new Lockeram never uſed, the worſt is Calicoe, and ſuch Cloth as hath been ſtarched.

A Salve to heale any Wound.

29 R. Virgin Waxe lib. ſſ. ſweet Butter clarified, ℥ iiii. Turpentine ℥ iiii. yolkes of Egges nu. ii. beaten to Froth, red Roſe water ℥ iiii. Sugar Candy ℈ ii. Flowre, as much as ſhall ſuffice: boile all theſe together with a ſoft fire, ſtirring it well together as you put in the Flowre, untill it come to a perfect Plaiſter.

A Plaiſter for the Gout, or Ache in the Ioints.

30 R. Of Waxe, Roſin, *ana* lib. ſſ. Olibanum ℥ i. white Lead ℥ ix. Litharge of Gold finely beaten, and ſearſed ℥ ix. Neats foot Oyle pi. i. ſet the Oyle on the fire with the Waxe, and Roſin; when they are melted put in a pint of white Wine, a while after put in the other Powders, and ſtir it faſt with a ſtick, then drop a little, and when it is cold, if it be hard, it is enough; then take it off, and anoint a faire board with Neates foot Oyle, and when it is almoſt cold, worke it thereon like Waxe, and make it up in great rowles: when you uſe it, ſpread it upon linnen Clothes, or Leather, and lay it warme on where the paine is; ſo renew it Morning, and Evening untill it be whole: beware of cold, and hot Wines.

The black Salve good for any freſh Wound.

31 R. Of Oyle Olive pi. i. red Lead ℥ ix. ſtir them well together, and ſet them on the fire, and boile it faſt untill it looke black, and if a drop ſtick to you finger, it is enough: beware leſt any ſparke of fire flie into it in the boiling.

A very good Salve to heale an old inveterate Sore.

32 R. A pint of ſtrong Ale, and ſet it on the fire, and put into it a quarter of an ounce of roche Allome, and a ſpoonfull of good Honey, and as much Deere ſuet, or Sheepes ſuet, and a Crab, and let them ſeethe together till the fourth Part bee conſumed; then take three or foure ſpoonfulls of wheate Flower, and mingle them together, and after put them into the reſt of the Liquor; and ſet it on the fire, and ſtir it till it be thick; then take it from the fire, elſe it will be thin againe, and put it into a pot; and when you will uſe it, ſpread it on a linnen Cloth a quarter of an inch thick, and let it lie fourteene houres, and when you take it away, wipe away the corruption very cleane; then lay on another alwaies warme.

A Salve for all manner of Wounds, and Sores that be curable.

33 R. Of Betony, Plantaine, Smallage, of each lib. i. of the Iuice, and put it in a pan; adde to it of cleane new Waxe ℥ ii. of cleaneſt, and whiteſt Incenſe ℥ ii. melt theſe by themſelves with a ſoft fire, then put the Iuices thereto, and boile them together untill all the Iuices be waſted, ever ſtirring it; then take it from the fire, and ſtraine it through a Cloth; then take of Turpentine ℥ iii. and temper them together, when it is cold put it up: when you uſe it, chaſe a little in your hand, and ſpread it upon a Cloth broad and long enough to cover the Wounds, firſt waſhing the Wounds with white Wine, and Honey ſodden together, blood warm, and dreſſing them Morning, and Evening, the Plaiſters being warme: if you wet a Tent in the ſaid Wine, and put into the bottome of the VVound, it will draw out the corruption: if the VVound ake poure in a little Oyle Olive.

Powders.

CHAP. XXXV.

A Powder for Hollow Vlcers.

1 R. Frankincenſe, Maſticke, Myrrhe, Sarcocoll, Bolearmenike, Dragons blood, Barley meal, *ana.* mixe them in fine Powder, and ſprinkle upon the Wound.

A Powder to incarnate Wounds.

2 R. Of Hogge Fennell, ʒ ſſ. Flouredeluce ʒ v. Myrrhe ℥ iii. the greater, and leſſer Centory, *ana* ʒ ii. round Ariſtolochia, Tuttie, Oppoponax, Meale of *Orobus ana* ʒ ii. ſſ. make all in fine Powder.

A Powder to ſtay bleeding of a Wound.

3 R. Quicke Lime, Dragons blood, Aloes, Frankincenſe, Copperas, *ana.* Incorporate them, being finely powdered with the white of an Egge, and Cobwebbes, and apply it.

A Powder Adſtrictive to be uſed in ſtitching of Wounds with Clothes.

4 R. Of Mill duſt ʒ iii. Bolearmenicke, Frankincenſe, *ana* ʒ ſſ. Olibanum, Maſticke, myrrhe, *ana* ℥ ii. ſſ.

Dragons blood ℥ iii. ſſ. Blood-ſtone ℥ i. make them in fine Powder, which yee ſhall uſe with the white of an Egge, and ſpread it upon a cloth, and lay it over night upon each ſide the Wound one, even with the edges, and on the morrow you may joyne the edges by ſtitching the clothes, and drawing them cloſe.

Hollands *Powder for the Cholicke.*

5 R. Anniſeed, Fennell Seed, Coriander Seed, Smalladge Seed, Parſeley Seed, Commin Seed, Graine of Paradiſe, Agat Stone, Milfoile, Seed of Carrawaies, Seed of Broome, Ginger, Long Pepper, Nutmegs,	*ana* ℥ ſſ.	Bay Berries ℥ ſſ. Sene, the weight of all the reſt: make a powder of them, and give it in white Wine, ʒ i. ſſ. at a time.

To make the Powder called Pulvis ſanctus, to Purge, the Doſe whereof, is, ʒ i. ſſ.

6 R. Of the leaves of Sene, white Tartar *ana* ℥ ſſ. Cloves, Cinamon, Galingale, Ammi *ana* ℥ ſſ. Diagrediũ ℈ ii gr viii. good Rubarbe ʒ i. Salt Gemme, gr. 20. Ginger ℈ ſſ. Agaricke ℈ ii. beat all into fine Powder, and mingle them.

A Powder for an Ague.

7 R. Carduus Benedictus, the Hearbe Mercurie, Plantaine leaves, Centaury, Rue, *ana* powder them, and drinke it in Poſſet drink, two, or three nights together, before you goe to bed, and ſweat upon it, the Doſe is ʒi. at a time.

Powder of Turbith to purge Phlegme for Women, Children, or old Men, or for delicate Perſons that live without labour.

8 R. White Ginger, Maſticke, *ana.* ʒx. Turbith, finely powdered ʒ v. Sugar, as much as all the reſt, mingle them together in fine powder.

A dredge Powder that purgeth Choler, Phlegme, and Melancholy.

9 R. Turbith ℥i. Ginger, Cinamon, Maſticke, Galingale, Graines of Paradiſe, Cloves, Anniſeed, the Hearbe called Mercuries Finger, Diagredium, *ana.* ℥ ſſ. leaves of Sene ℥ ii. Sugar ℥ iiii. mingle them, and powder them finely.

A Sneezing Powder.

10 R. Rootes of Sneezing Wort, or Bartram, ℥i. Caſtoreum ℥ ſſ. white Elebor, and black Elebor *ana* ℥i. Marjorame m. i. mingle them, and make them into Powder.

A

A moſt excellent Powder to provoke Vrine, and to ſend forth the Gravell and Stone.

11 R. A Flint Stone, and beat it in a Morter to a moſt fine and ſubtill Powder, ſearce it, and keep it in a Bladder till you have occaſion to uſe it; then take halfe a Dramme at once faſting at time of need in white Wine, or Poſſet Ale, or ſuch like.

To make white Damaske Powder.

12 R. Of Scuttle bone in fine Powder, lib. ſſ. adde thereto of Muske cod, ʒ ſſ. or pure Muske Civet, and Amber Greece, *ana.* ʒ iii.

To make common ſweet Powder.

13 R. Of Ireos ʒiiii. *Calamus Aromaticus*, Ciprus, Sweet Marjoram, red Roſes, *ana.* ʒ ſſ. Lavender, *Origanum*, Nigella, *ana* ʒ ii. Orange, or Lemon Peeles, ʒ ii. Clove duſt ʒ ii. make all in fine Powder, and mingle them.

To make Damaske Powder.

14 R. Of Orris lib. i. red Roſe leaves dryed, ʒiiii. Cloves, ʒ vi. Saunders, Citrine, ſweet Marjoram, ʒ ſſ. Calamus Aromaticus, Ciprus Rootes, Coriander, *ana*, ʒ iiii. Powder them, and adde of Storax, Calamint, ʒ vi. and Muske ʒ i. or of Muske Cod ʒ iiii. beaten into ſmall pieces.

A

A Powder for the Falling ſickneſſe.

15 R. A Mans Skull that hath been dead but one yeare, bury it in the Aſhes behinde the fire, and let it burne untill it be very white, and eaſie to be broken with your finger; then take off all the uppermoſt part of the Head to the top of the Crowne, and beat it as ſmall as is poſſible; then grate a Nutmeg, and put to it, and the blood of a Dog dryed, and powdered; mingle them all together, and give the ſick to drinke, firſt, and laſt, both when he is ſick, and alſo when he is well, the quantity of halfe a Dram at a time in white Wine.

A Powder for the Gout.

16 R. Of fine Ginger the weight of two Groates, Elecampane Rootes dryed twice as much, Licoras the weight of eight Groates, Sugar candy ʒ iii. beat all into fine Powder, ſearce them, and mingle them, and drink thereof all times of the day.

A Powder to rub the Teeth, and keep them white.

17 R. White Bread, Corrall, Harts horne, *ana* ʒ ſſ. Allome ʒ i. Sage, and Roſes *ana* m. i. Oyſter ſhels, and Egge ſhels *ana* m. ii. make them into fine Powder, and rub the Teeth: alſo pieces of Cheiney diſhes powdered is excellent to rub the Teeth.

A Powder to ſtanch bleeding at the Noſe.

18 R. Truboll ʒ iii. Dragons blood, Frankinſence, Alloes, Maſtick *ana* ℈ i. haires of the belly of an olde Hare ſmall cut 3 ſſ. make them in Powder, and blow them into the Noſe, and make a Tent of Cotton to hold it in.

A Powder for the Greene ſickneſſe.

19 R. Steele Powder ʒ i. Nutmegs nu. i. Licoras ℈ ii. powder them, and take as much Sugar as the quantity of the Powder, and mingle them; then take thereof as much as will lie on a ſhilling every Morning faſting, and an houre, and a halfe after, take ſome water Gruell, or other thin Broth, uſing ſome exerciſe preſently after; doe the like at Night, an houre before you goe to bed, and uſe ſome exerciſe untill you goe to bed: you muſt forbeare Milke, and Fruits, and Meates made of Milke.

A Powder for the Stone.

20 R. Of Hollands Powder ʒ i. a little long Pepper, and the Seeds, or Kernells that be in Aſhe keyes, powder them, and put them into white Wine, or ſtale Ale, and drinke it firſt and laſt blood-warme.

A Powder for the Falling ſickneſſe.

21 R. The Skull of a man that hath been dead but one yeare, and bury it in the Aſhes behinde the fire, and let it burne untill it be marvellous white, and ſo well burned that you may breake it with your finger; then take

take off all the uppermoſt part of the Head to the top of the Crown, and bear it as ſmall as is poſſible, then grate a Nutmeg, and put to it, then take Dogs blood, and dry it, and make Powder thereof, and mingle as much with the other Powder, as the Powder weighes, and give it the ſick to drinke, both when he is well, and when he is ſicke, firſt, and laſt, and it will help him by Gods grace.

A Powder for the black Iaundies.

22 R. A platterfull of great Earth-wormes, and waſh them very clean, then ſprinkle them with Salt to ſcoure themſelves to death, then waſh them very cleane againe, and lay them one by one in a Platter, then ſet them in an Oven after the bread is drawne, and there let them ſtand untill they be ſo dry that they may be powdered; then powder them very fine, and put the Powder in a Bladder, which you may keepe a whole yeare: when you would uſe it, take a ſpoonfull thereof, and put it into a good draught of Beere, or Ale, then put in a little Powder of Engliſh Saffron, and a little Iett powdered, and as much Treacle as an Haſell Nut, and a raſe of Turmerick grated, then warme it Blood-warme, and give it the Patient to drinke, and let him faſt iii. houres after.

A Powder for a Stitch.

23 R. For a Man, the Leaves of ſhee Holly, for a woman, of Hee Holly, dry them, and powder them, and put thereof into your drinke, or broth.

Waters.

Chap. XXXVI.

A good Water for Heates, and Inflammations of the Eyes.

1. R. Of Aloes Epatick, purest Sugar, Tutty stone powdered *ana* ʒ i. red Rose water, white Wine *ana* lib. ii. in a double Glasse set them in *Balneo Maria* five, or six dayes, often shaking it about.

A Water to cleanse a filthy cankerous Ulcer.

2. R. Plantaine water, red Rose water *ana* lib. i. Iuice of Night shade, Houseleeke, and Plantaine *ana* ʒ iiii. red Roses m. ss. Myrtles, Cypresse Nuts *ana* ʒ ss. of the rinde of the Pomegranate ʒ iii. flowers of S. Iohns wort, p. ii. flowers of Molleyn p. i. Mastick, Myrrhe, Frankincense *ana* ʒ i. Honey of Roses lib. i. ʒ iiii. powder that which is to be powdered, and distill them all together, R. of this distilled Water lib. i. therein dissolve conserve of Roses ʒ vi. and Sirrup of dry Roses ʒ i. with Oyle of Brimstone xii. drops, and use it.

An

An excellent Water for the Vlceration of the Yard.

3 R. Water wherein Iron hath been often quenched lib. ii. red Roſes ℥ iiii. Pomegranate Pills, and Flowers *ana* ʒ ii. Plantaine, Houſeleeke *ana* ʒ iii. ſſ. Honey of Roſes, Turpentine, *ana* lib. ſſ. Allome ℥ vi. white Coperas ʒ iii. boile them in a cleane veſſell untill halfe bee waſted; then ſtraine it, and adde Verdigreaſe ʒ iii. boile them againe, or if you will, Filter it.

A Water for a Fiſtula.

4 R. White Wine one pinte, Iuice of Sage ℥ i. Borace in Powder 3. d. weight, Camphire powdered the weight of a Groate, boile all together a pretty while on a gentle fire, and with this Water waſh the Fiſtula.

A Water for the Toothache.

5 R. Red Roſe leaves m. ſſ. Pomegranate flowers, m. ſſ. Galls ſliced thin n. ii. boile them all in three quarters of a pinte of red Wine, and halfe a pinte of faire Water untill the third part be waſted, then ſtraine it, and hold a little thereof in your mouth a good while, then ſpit out, and take more; alſo if your Cheeke ſwell, apply the ſtrainings betweene two Clothes as hot as may be ſuffered.

A Water for the Sight.

6 R. Smallage, Fennell, Rue, Egrimony, Daffadill, Pimpernell, and Sage *ana*, distill them with breast Milke, and a little Frankincense, and drop of it into your Eyes each night.

A precious Water for Sore Eyes, and to restore the Sight.

7 R. Smallage, Rue, Fennell, Verveine, Egrimony, Scabious, Avens, Houndstongue, Eufrace, Pimpernell, Sage, *ana*, Distill all these together with a little Vrine of a Manchilde, and a little Frankincense, and drop it into the Eyes at Night.

A Water for a Sore Mouth.

8 R. Red Fennell, red Sage, Daisie rootes, Woodbine leaves *ana* m. i. Roche Allome ℥ i. English Honey one spoonfull: boile them together in a pinte of Water, and wash the mouth therewith.

A precious Water for Sore Legs, and for the Canker in the Mouth, or any other place.

9 R. Of Woodbine leaves, Ribwort, Plantaine, Abinte, *ana* m. i. English Honey purified, three spoonfulls, Roche Allome a quantity, put all these into a quantity of running Water, and let it seethe to a Pottle, or lesse; then keepe the Water in a pure Earthen vessell well glased, and wash the Sore therewith twice a day.

A Water for a Canker.

10 R. The Barke of an Elder tree, Sorrell, Sage, *ana*, beate them, and ſtraine them, and temper the Iuice with White Wine, and waſh the Sore therewith.

A Water to take away Pimples, or Heate in the Face.

11 R. A ſpoonfull of burnt Allome, and put it into a ſawcerfull of good white Wine Vinegar, and ſtir it well together, and when you goe to bed, dip a linnen Cloth in the Vinegar, and wet your Face therewith, and it will dry up the Wheales, and take away Redneſſe.

A Water for to cleare the Face.

12 R. Limons n. ii. ſlice them, and ſteepe them in a pinte of Conduite water, let them infuſe foure, or five daies, cloſe covered, then ſtraine them, and diſſolve in the Water the quantity of a Haſell Nut of Sublimate (ſome hold a Dram a good proportion) finely powdered; let the Patient wet a Cloth therein, and rub her face every Morning, and Evening untill the hewe doe pleaſe her: you may make the ſame ſtronger, or weaker, as you pleaſe.

A Water for the Morphewe.

13 R. White Wine Vinegar q.i. Diſtill it to a pint, then put therein Egges with the ſhels, n. ii. red Docke rootes ſcraped, and ſliced, n. ii. three ſpoonfulls of the flower of Brimſtone, ſo let it ſtand three dayes before you uſe it: you muſt tye a little Wheat Bran in a Cloth, and

A Water for the Sight.

6 R. Smallage, Fennell, Rue, Egrimony, Daffadill, Pimpernell, and Sage *ana*, distill them with breast Milke, and a little Frankincense, and drop of it into your Eyes each night.

A precious Water for Sore Eyes, and to restore the Sight.

7 R. Smallage, Rue, Fennell, Verveine, Egrimony, Scabious, Avens, Houndstongue, Eufrace, Pimpernell, Sage, *ana*, Distill all these together with a little Vrine of a Manchilde, and a little Frankincense, and drop it into the Eyes at Night.

A Water for a Sore Mouth.

8 R. Red Fennell, red Sage, Daisie rootes, Woodbine leaves *ana* m. i. Roche Allome ʒ i. English Honey one spoonfull: boile them together in a pinte of Water, and wash the mouth therewith.

A precious Water for Sore Legs, and for the Canker in the Mouth, or any other place.

9 R. Of Woodbine leaves, Ribwort, Plantaine, Abinte, *ana* m. i. English Honey purified, three spoonfulls, Roche Allome a quantity, put all these into a quantity of running Water, and let it seethe to a Pottle, or lesse; then keepe the Water in a pure Earthen vessell well glased, and wash the Sore therewith twice a day.

A

A Water for a Canker.

10 R. The Barke of an Elder tree, Sorrell, Sage, *ana*, beate them, and ſtraine them, and temper the Iuice with White Wine, and waſh the Sore therewith.

A Water to take away Pimples, or Heate in the Face.

11 R. A ſpoonfull of burnt Allome, and put it into a ſawcerfull of good white Wine Vinegar, and ſtir it well together, and when you goe to bed, dip a linnen Cloth in the Vinegar, and wet your Face therewith, and it will dry up the Wheales, and take away Redneſſe.

A Water for to cleare the Face.

12 R. Limons n. ii. ſlice them, and ſteepe them in a pinte of Conduite water, let them infuſe foure, or five daies, cloſe covered, then ſtraine them, and diſſolve in the Water the quantity of a Haſell Nut of Sublimate (ſome hold a Dram a good proportion) finely powdered; let the Patient wet a Cloth therein, and rub her face every Morning, and Evening untill the hewe doe pleaſe her: you may make the ſame ſtronger, or weaker, as you pleaſe.

A Water for the Morphewe.

13 R. White Wine Vinegar q.i. Diſtill it to a pint, then put therein Egges with the ſhels, n. ii. red Docke rootes ſcraped, and ſliced, n. ii. three ſpoonfulls of the flower of Brimſtone, ſo let it ſtand three dayes before you uſe it: you muſt tye a little Wheat Bran in a Cloth,

and

and wash therewith Night, and Morning, nine daies together.

Another Water for the same.

14 First, to bring the Morphew out, R. every Morning fasting the quantity of a Nut of Treacle, either in Strawberry, or Fumetary water for nine, or ten Mornings together. Then R. Sulphur vivum ʒ ss. and as much Camphire finely beaten, and searced, infuse both in a pinte of the strongest white Wine Vinegar, shake it twice, or thrice for one day, then use it to rub the place tainted.

A Water for heate in the Face, and to cleare the Skin.

15 R. The Iuice of Limons, and therein dissolve common Salt, and with a Cloth wet your Face when you goe to bed.

A Water to preserve the Face young a great while.

16 R. Of Sulphur vivum ʒ i. white Olibanum ʒ ii. Myrrhe ʒ ii. Ambre ʒ vi. make them all into fine powder, and put them into one pound of Rose water, and distill them in *Balneo Mariæ*, and keepe the Water in a close vessell; when you would use it, wet a linnen Cloth therein, and wash the Face before you goe to bed, and in the Morning wash it with Barley water, or Spring water. The Water of Beane flowers, Lillie flowers, Water Lillies, distilled Milke, distilled Water of young Whelpes, are good to wash the face, and procure it lovely.

A

A Water to make the face Smooth, and Lovely.

17 R. Of Cowes Milk lib. ii. Oranges, and Limons *ana* n. iiii. of the whiteſt, and pureſt Sugar, and Roche Allome *ana* ℥ i. diſtill them together: let the Limons, and Oranges be cut into ſlices, and infuſed in the Milke, adding the Sugar, and Allome; then diſtill them all in *Balneo Mariæ*, and you ſhall have an excellent Water to waſh the Face; and about bed time you ſhall cover your face with clothes dipped therein.

Another for the ſame.

18 R. Snails gathered in a Vineyard; Iuice of Limons; the flowers of white Mullaine, mixed together in equall proportion, with a like quantity of the Liquor contained in the Bladders of Elme leaves diſtilled all together, is very good for the ſame purpoſe.

Alſo this.

19 R. The crummes of white Bread lib. iiii. Beane flowers, white Roſes, flowers of water Lillies, and Flower de luce, *ana* lib. ii. Cowes Milke lib. vi. Egges nu. viii. of the pureſt Vinegar lib. i. diſtill them all in an Alimbeck of Glaſſe, and you ſhall have a moſt excellent Water to waſh your Hands, and Face.

Another.

20 R. A live Capon, and the Cheeſe newly made of Goates Milke, and Limons, n. iiii. Egges n. vi. Cerus waſhed in Roſe water ℥ ii. Boras ℥ i. ſſ. Camphire ℈ ii.

Water of Beane flowers lib. iiii. infuse them all for the space of foure, and twenty houres, and then distill them in a Limbeck of Glasse.

Also, take Mutton bones severed from the flesh by boiling, beate them, and boile them in Water; and when they are well boiled, take them from the fire; and when the Water is cold, gather the fat that swims upon it, and therewith anoint your Face when you goe to bed, and wash it in the Morning with the formerly prescribed Water.

A Water for Rednesse, and Pimples in the Face, which for the Milky whitenesse is called Virgins Milk.

21 R. Litharge of Gold ℥ ii. Cerus, and common Salt *ana* ℥ ß. Vinegar, and Plantaine water *ana* ℥ ii. Camphire ʒ ß. steepe the Litharge, and Cerus severally in Vinegar for three houres, and the Salt, and Camphire in what Water you please, and like best for your purpose; then Filter them both severally, and mixe them so Filtered when as you would use them.

To make a pretious Water.

22 R. Cloves, Cinamon, *ana* ℥ i. Mastick, Mace, Camphire *ana* ℥ ii. beate all these to fine Powder, and let them stand in sixe spoonfull of good white Wine Vinegar the space of foure, and twenty houres, then put it into a Pottle of good Rose water, and so let it stand two dayes in some warme place; then put thereto three quarters of a pound of good hard Sugar, and distill it with a gentle fire. This Water is pleasant, and good for the mouth, it preserveth the Gums, and scoureth the Pallate, and keepeth white the Teeth, and free from all corruption,

corruption; it maketh ſweet the breath, being gargarized in the Mouth: waſh the Face, and Hands therewith, and it will cleare the skin, and adde much beauty to them; and if you ſprinkle a toſte of wheaten Bread with three, or foure drops of this Water, and eate it a few Nights together laſt to bedward, it will make the breath very ſweet.

To make Aqua mirabilis.

℞ R. Galingale, Cloves, Quibibes, Ginger, Mellilot, Cardemony, Maces, Nutmegs, *ana* ʒ i. of the Iuice of Celandine ʒ viii. powder the Spices, and mingle them with the Iuice, and adde thereto Aqua vitæ one pinte, and white Wine three pintes; then put them all in a Stillatory of Glaſſe, and let them infuſe all Night, and in the Morning diſtill it with an eaſie fire.

This Water helpeth much the Lungs, and healeth them if they be much wounded, or periſhed; it ſuffereth not the Blood to putrifie, ſo that there ſhall be no need of Phlebotomy; it is good againſt Phlegme, and Melancholy, and expelleth Rheume mightily, and purgeth the Stomack; it comforteth youth in his owne eſtate, and gendreth a good colour, and conſerveth their Viſage, and Memory; it deſtroyeth the Palſey of the Liver, and Tongue; and if the ſaid Water be given to a man, or woman labouring towards death, one ſpoonfull relieveth: of all Waters artificiall, this is counted the beſt, and in the Summer uſe once a weeke faſting, the quantity of a ſpoonfull, and in Winter as much more.

A Water for a Canker in the Mouth.

24 R. The inner barke of an Elder tree, and boile it with white wine Vinegar; then ſtraine it, and put into it a good quantity of Honey, and a race of Ginger grated; boile them together a pretty while; then take a Cloth, and waſh the Mouth therewith, and it will heale the Canker.

A Water for ſore Eyes.

25 R. A good handfull of yong red Fennel; as much Eyebright; Sugar candy, the quantity of a Walnut; as much white Coperas as a Beane; boile all theſe in a pint of running Water till halfe be conſumed in a well leaded Earthen Veſſell; then ſtraine it, and let it ſettle; then put the cleareſt into a Glaſſe, and drop it into your Eyes as you have need.

For ſore Eyes.

26 R. An Egge, and roſte it hard; then cleave it, and take out the Yolke, and fill the hole with white Coperas, and preſſe it hard in a cleane Cloth, and waſh your Eyes with the Water.

A Water for a Webb, or Pearle in the Eye.

27 R. Strong Eyſell, or Vinegar, and put it in a veſſell of Braſſe, with black Sloes of the hedge, Lead, and Wormwood, and let them ſtand well covered nine, or ten daies; then draine out the Water, and keep it to your uſe; and when you have occaſion, put a drop into the corner of the Eye.

To

To make Eyſell.

28 R. A quantity of Beane flower, and knead it with Vinegar, and bake it; then take it out of the Oven, and waſh it all over with Vinegar, and bake it againe; doe thus twice, or thrice, and when it is well ſoked with Vinegar, put it into Wine, and it will turne it into Eyſell.

A precious Water for dimneſſe of Sight.

29 R. Roche Allome, and powder it ſmall, and put it into a quantity of faire running Water, and let it ſtand an houre to diſſolve; then put a little Braſſe pot into the Earth to the brim, and cover it with a cleane linnen Cloth, and let the Water with Allome run through the Cloth into the pot; and then put to it a little quantity of Quickſilver (to a pinte of Water halfe an ounce) and alwaies keepe it covered; then put another little veſſell on the top of the Cloth, and make in it a little eaſie fire with Coales for an houre; then put this Water in a Glaſſe, and put away the Quickſilver; and with this Water anoint the Eyes.

A Water for the Humour which falls into the Eyes.

30 R. Of red Roſe water ℥ vi. white Wine ℥ vi. Eyebright water ℥ vi. *Lapis Tutia* ℈ iii. Aloes Epaticke ℈ iii. fine white Sugar powdered ℈ iiii. put all theſe in a Glaſs with a narrow mouth, and Sun them for one Moneth, and ſhake them once, or twice a day: make it in the hotteſt time of the yeare.

A Drinke to purge away Gravell breeding in the Kidnies.

31 R. Greene Parseley, white Saxifrage, Paire stone hearbe, Ashen leaves, *ana* m. i. Eringoe Rootes m. ii. sliced, and pound; beate all together in a Mortar, and boile them with sixe Gallons of Ale, or Beere wort, as Beere, and Ale is boiled; then worke it as Beere, and tunne it up in a vessell to draw out; and after it hath stood three, or foure dayes, drinke a pinte every Morning only; if it be too sharpe, sweeten it with Sugar.

A Water to be used in extremity of the Stone, when it stoppeth the Water.

32 R. The small River fish called a Gudgin, wash them cleane, and boile them in Water with Parseley, Harts tongue, browne Fennell, and Way-broad leaves, till they be all to pieces; then straine it upon a Table Napkin held between two men, rubbing it up, and down upon it till the Iuice be fully out; set the Liquor on the fire, and put therein a pennyworth of round Pepper, two pennyworth of Sugar, and a little sweet Butter; boile it againe very well, and give the Patient to drinke in extremity: or take a little thereof Mornings, and Evenings, if the body be subject to Gravell.

A Water to destroy any Pearle, or Webb, or any Blood shotten in the Eyes.

33 R. Of Maidenhaire, Ground Ivy, *ana* m. i. Archangell flowers a quarter of a handfull, wash them, and swing them cleane from the water, and stampe them small, and straine them with a little strong Ale, and with

with a feather drop three, or foure drops into the Eye three times a day, at Morning, Evening, and Night.

A Water for the Stone.

34 R. Halfe a Gallon of Milke from the Cow, then take Saxifrage, Parſeley, Pellitary of the Wall, Mothertime, greene Sage, Radiſh rootes *ana* m. i. ſteepe them over Night, and diſtill them in the Morning, and take hereof vi. ſpoonefulls, as much white Wine, and the third part of a Nutmeg roſted, and drinke it in the Morning faſting.

Doctor Stevens his Aqua compoſita.

35 R. A Gallon of Gaſcoigne wine, Ginger, Galingale, Nutmegs, Cinamon, Cloves, Mace, and Graines, Aniſeeds, Fennell ſeeds, and Carraway ſeeds, *ana* ʒ i. Sage, red Mints, red Roſe leaves, Time, Pellitary of Spaine, Roſemary, wilde Time, Camomill, Lavender, *ana* m. i. beate the Spices ſmall, bruiſe the hearbes, letting them ſtand in the Wine twelve houres; then diſtill them in a Limbeck, and keepe the firſt Water by it ſelf, which will be about a pint; then take the ſecond Water, which is good, but not ſo good as the firſt.

This Water comforteth the Vitall ſpirits, and cureth inward diſeaſes engendred of cold, and helpeth the Palſey, the Contraction of Sinewes; it maketh women apt for Conception, and killeth Wormes in the body; ſendeth forth the Stone in the Bladder, cureth the cold Cough, and Toothache, and calefieth a cold Stomack; it is good againſt the Dropſie, Stone in the Kidnies, ſtinking Breath; and preſerveth youth, and good colour very long if it be not uſed too often.

To

To procure Beauty, and cleanse the Face, or Hands.

36 R. An olde Capon, pluck him, and take out his Garbage, and make him very cleane within with a dry Cloth, but wash him not; then fill the body full of the Iuice, and Meate of Limons, then R. of Fennell m. i. Cloves nu. xii. bruised, Camphire ℥ i. lay your Camphire in water till it be dissolved; then put one spoonfull of Water with all the rest into the Capon; then distil it in an Earthen distillatory, and you shall have a precious Water.

A red Water to cure Vlcers.

37 R. Of the Ashes of Ashe wood, one Peck; a Gallon, and a halfe of water; make thereof a Gallon of Lie; put to it one Gallon of Tanowse not used with any Leather; one pound of Madder crumbled smal into the Tanowse; and roche Allome lib. ss. boile these to the halfe upon a soft fire; then let it run through a Canvasse bag; and after you have washed the Sore therewith, wet a Cloth therein; and lay it upon the Sore; it both cleanseth, and healeth.

A Water to coole the Liver.

38 R. Savory, Endive, Borage, Sorrell *ana* m. i. Leekes, Violet leaves, Buglos, Liverwort, *ana* m. ss. boile all these in running Water to the consumption of halfe; then scum it, and straine; it then set it upon the fire againe, and boile it gently, and put thereto of Vinegar ℥ ii. as much Sugar as will make it pleasant to drink; and keep it in a Violl for your use.

For

For ſore Eyes.

39 R. Of *Lapis Calaminaris* the quantity of a Walnut, put it in the fire until it be red hot, then quench it in a little white, or Rheniſh Wine, and ſo doe for ſeven times; then put it into a Marble morter, and beate it exceeding ſmall; then put the ſame into ſixe, or eight ſpoonfulls of red Roſe water in a ſmall Glaſſe, and take a little piece of a Spunge tyed to a thred, and hang it in the Water, and when you would uſe it, ſhake it, that the thickneſſe in the bottome of the Glaſſe may run unto the Spunge; then opening the Eye, drop therein a drop or two out of the Spunge; doe this two or three times a day, and it will eaſe the Soreneſſe, and cure the Blood-ſhot.

A Water for a Sore Mouth, to be made in May for all the yeare.

40 R. Vnſett Hyſſope, Plantaine, Violet leaves, Cullumbine leaves, Strawberry leaves, Cinkefoile leaves, Woodbine leaves, red Roſe leaves dryed, *ana* m. i. a good piece of roche Allome burnt, three ſpoonfulls of Hony, a pottle of running Water; bruiſe all the hearbes, and put them into the Water, and boile them in a Pipkin from a Pottle to a Quart; then take blew Figs ſliced in the middle nu. ii. put them into the Pipkin, and cover it with a Paper, and ſet it in the Sun foure, or five daies, or more, and then ſtraine it, and put it into a Glaſſe.

A Water for a bruised Eye.

41 R. The Iuice of Daisie rootes being cleane washed, and dryed; the Iuice of Fennell, the white of an Egge well beaten *ana*. Rose water a little; temper all these together; then take a little Pledget of Flaxe wet therein, and lay on the Eye; but first drop a drop, or two of the Water into the Eye.

Another for dim Eyes.

42 R. Ground Ivy, Celandine, Daisies, *ana* { Stampe them, and straine them, and put thereto a little Rose water, and drop a little into the Eyes with a Feather; It cureth Inflammations, Spots, Webs, Itch, Smarting, or any other griefe in the Eyes.

To make Hydromell, or Hewied Water.

43 R. Of Fountaine water lib. xv. fine Honey lib. i. mixe all in one pot, adding a little Fennell, and a handfull of Eyebright; tie all together with a thred, and put it into the pot, and let it seeth untill the third part of the Water be consumed; and in the seething, scumme it cleane.

To make a good Ptisan.

44 R. A pot of Brasse, or Earth, and put therein a Gallon of faire water, and one handfull of Hyssop, and two spoonfulls of Honey; then take Licoras ℥ ss. and beate it well, and put it into the pot, and boile them all together.

together a quarter of an houre; then ſtraine it, and let it ſtand untill it be cold, and drinke thereof laſt when thou goeſt to bed, and it will Coole, and Moiſten, and drive the Phlegme from thy Stomack, and profit thee very much.

A Water to heale any Sore Leg.

45 R. Running water one quart, Allome roche as much as an Egge, bay Salt a ſpoonfull, or ſomewhat more, if it be full of dead fleſh, Wheate flowre to the quantity of an Egge; beate the white of an Egge, the Flowre, and bay Salt together, and put it into the Water as it boileth, with a branch of Roſemary, ſtirring it continually: In uſing this Water doe thus; three times in the day wet Clothes, and lay on the Wound, in the Morning wet them with the Water to looſen them from the Sore, and then dreſſe them, and ſo againe at Noone, and Night.

Water of Coperas.

46 R. Coperas, grinde it all to Powder, then put a little Water to it, and ſo let it ſtand a Day, and a Night; then ſtraine it through a Cloth: this Water is good for ſore Eyes, Canker in the Mouth, and *Noli me tangere*.

For the Spots of the Morphew, a Water.

47 R. Foure Egges, roſte them hard, and put them all broken into a pinte pot to a pinte of Vinegar, and let it ſtand ſo three Dayes, and three Nights well ſtopped; and then cleanſe it through a linnen Cloth, and waſh the Spots therewith till they be away.

To take away the roote of the Morphew.

48 R. Of Fumetary m. viii. Borage, Scabious *ana* m. iiii. bray them together in a Mortar, and put thereto a Pottle of cleane Whey; then ſtraine them, and ſet them on the fire till the ſcum riſe, then take it off, and ſtraine it, and then ſet them over the fire againe, and put thereto a good quantity of clarified Honey, and boile them well together as long as any ſcumme will riſe: take hereof a good draught in a Morning.

An excellent Water to help Pimples in the Face, and it is good for ſore Eyes, and Pearles in the Eyes, or any Ache in the Head, Shoulders, or Knees.

49 R. A pinte of white Wine, white Coperas ʒ ii. Allome ʒ ſſ. Camphire, and Brimſtone *ana* ʒ ii. beate all theſe very ſmall in a Mortar, and then put it into the Wine, and ſhake it all together halfe an houre, and let it ſtand two dayes before you uſe it; you may keepe it a whole yeare. When you Bathe any Ache with it, heat a little thereof in a Sawcer, and with a Cloth bathe the Member at the fire.

A Drinke againſt the ſmall Poxe, or any Feaver.

50 R. Of the herbe Scabious m. ſſ. Figs dry nu. vi. Licoras ʒ ſſ. ſlice them, and boile them in a pinte of Spring water to the conſumption of halfe, then adde a penniworth of Saffron: hereof take three ſpoonfulls in the Morning warme.

A Drinke againſt the Plague, Poxe, Meaſells, and other infectious Diſeaſes.

51 R. Three pintes of Malmeſey, and boile therein of Sage, and Rue *ana* m. i. till one pinte be waſted, then ſtraine it, and ſet it on the fire againe, and put thereto one penniworth of long Pepper, halfe an ounce of Ginger, a quarter of an ounce of Nutmegs, all beaten together; let it boile a little, and then put to it foure penniworth of Treacle, and a quarter of a pinte of the beſt Angelica water.

Take every Morning and Evening halfe a ſpoonfull at a time for a preſervative againſt infection; and if you be infected, take two ſpoonfulls, and ſweat thereupon.

A pretious Water for the Stone.

52 In May take the hearbe called Ramſins, and diſtill it; put unto your Water the ſame proportion of white Wine, and diſtill them againe together.

A Water to make the Face, and Hands white.

53 R. The leaves of Nettles, dry them, and make thereof Powder, and put that Powder in Water, and boile it; and therewith waſh your Face; and Hands: gather your Nettles in May before the Sun riſeth, and you may keep them all the yeare.

A Water for Pimples, and heate in the Face.

54 R. A ſpoonfull of burnt Allome, put it into a Sawcerfull of white wine Vinegar, and ſtir it well together; and at Night when you goe to bed, dip a Cloth into it, and wet the Sore places.

A Water to make the Stone slip, and to provoke Vrine.

55 R. Halfe a pinte of white Wine, and boile it, and in the boiling put in half an ounce of castle Soape sliced thin; when it is dissolved, drinke thereof blood warme.

For a Pearle, or Web, or Blood-shotten Eye.

56 R. Of Maidenhaire, and ground Ivy m. i. Archangel flowers pu. i. wash them cleane, and swing them dry; then stamp them, and straine them with a little good Ale; and with a feather drop a drop, or two into the sore Eye thrice in a day: if the Eye be much Blood-shotten, take more of the Ivy.

A Water for an olde Sore.

57 R. Flint stones nu. iii. *vel* iiii. burne them to Lime, and slake them in Running water; then take Allome, and doe the like therewith; boile them two houres; then put thereto Bolearmenick, greene Coperas, Camphire *ana* q. s. boile them all one houre after they are dissolved, and then straine it, and put it up.

To make Aqua cœlestis, the Celestiall Water.

58 *Aqua cœlestis* is of two kindes; if you mingle with it as much of the Water called Mother of Balme, and distill it againe, you have the Treasure of all Medicines.

First, of the Vertues of these two Waters; the first Water is of such Vertue, that if you put it into a fresh Wound, it healeth it in foure, and twenty houres, so it be

be not Mortall; and it healeth maligne Vlcers, Cankers, *Noli me tangere*, and olde Wounds within the ſpace of fifteene dayes, if you waſh it with the ſaid Water every third day; and if you put a drop of it upon a Carbuncle, it mortifieth the malignity thereof ſhortly; alſo if you put of the ſame Water into the Eye that hath loſt his ſight, if not utterly, it ſhall be recovered within eight daies at the uttermoſt; and if a Man drink a drop of it with a little good Wine, it breaketh the Stone in the ſpace of two houres in the Reines, or Bladder; it mollifieth hardened Sinewes, if you waſh them therewith: This Water muſt be uſed from November to April, and but halfe a ſpoonfull at once, once a weeke.

It is thus made.

Firſt, you muſt have a veſſell of Glaſſe a Cubite high, or thereabouts, and fill it with *Aqua vitæ* made of good Wine, and ſee that it be well luted, and then cover it in Horſe dung, or Doves dung, ſo that it be not too moiſt, not too hot, leſt the Glaſſe breake: leave the neck of the Glaſſe without in the aire; this will boile mightily; and ſo let it ſtand thirty daies; then draw out the Glaſſe, and put theſe things following into the Water, and ſtop the mouth cloſe, and ſo leave it eight daies: laſtly, put the Glaſſe in *Balneo Mariæ*, with Sand, ſetting on a head, with a receiver well luted, and make a ſlow fire, and gather the firſt Water; whiles it ſeemeth to drop downe cleare, but when it turneth red, then change the receiver, for this is the ſecond Water, which you ſhall keep in a Glaſſe well ſtopped: The Spices to be put in are theſe, good Cinamon, Cloves, Ginger, Galingale, Nutmegs, Zedoary, long Pepper, and round, rootes of Citron, Spikenard, *Lignum Aloes*, Cubebs, Cardamomum, Calamus

Calamus Aromaticus, Germander, S. Iohns wort, Maces, white Frankincenſe, round Turmentill, Hermodactills, the pithe of white Wallwort, Iuniper, Laurell berries, the ſeed of Mugwort, Smallage, Fennell, Aniſe, flowers of Baſile, Roſemary, Sage leaves, Margerome, Mints, Penniroyall, Sticados, flowers of Elder, red Roſes, and white, Rue, Scabious, Lunary, Centaury the leſſer, Egrimony, Fumitary, Pimpernell, Dandelion, Eufrage, Maidenhaire, Endive, ſeeds of Sorrell, yellow Sanders, Aloes Epatick, *ana* ℥ii. Ambroſine, fine Rubarb, *ana* ℥ ii. dry Figs, Raiſons, Dates without ſtones, ſweete Almonds, Pine kernels, *ana* ℥ i. Aqua vitæ made with good Wine to the quantity of them all, and foure times as much Sugar as they be all, of white Honey lib. ii. then put to the underwritten Rootes, of Gentian, flowers of Roſemary, Nigella that growes in the Corne, Bryony, roote of the hearbe called *Panis Porcinus* Hogs bread, ſeed of Wormwood *ana* ℥ ſſ. before you diſtill the Water you muſt quench in it a hot plate of Gold oftentimes, and put to it Orientall pearles, which muſt lye covered with Water, elſe they loſe their colour; and ſo diſtill it.

Cataplaſmes.

Cataplaſmes, or Poultiſſes.

Chap. XXXVII.

An excellent Cataplaſme for any Swelling, Apoſtume, rankling Wound, or broken Bone.

R. Of new Milke one pinte, ſeethe in it, untill it be thicke, the crums of fine white bread; then take it from the fire, and put into it the white of an Egge, and one ſpoonfull of Sallet Oyle firſt well beaten together, and ſtir it well, and lay it to the place as hot as can be ſuffered: it will ſerve twice.

A Poultis for a ſore Breaſt.

2 R. Of Neats foot Oyle pi. i. of Marigold leaves m. i. make it thicke with wheaten Bread, and put into it a little Saffron, and boile it to a Poultis.

A Poultis for a ſore Throate.

3 R. A Swallowes neſt, and boile it in Water to a Poultis, and binde it to the Neck, and Throate as hot as you can.

A Poultis for any Swelling that comes of a hot cauſe.

4 R. A Lapfull of wilde Mallowes; boile them in running Water untill they be tender, then ſwing them in a Cloth, and chop them ſmall; then take a penniworth of ſweete Butter, and the crums of Manchet, and put the Mallowes, and all, into a quart of Milke, and boile it untill it be thicke, and lay it to the griefe as hot as can be ſuffered.

A Poultis to be applyed to the bottome of the Belly to breake Winde, and move Vrine.

5 R. Figs, and the herbe Grownſell, *ana* m. i. boile them in running Water to a Poultis.

Another for the ſame.

6 R. The dung of a Ston'd horſe boiled in white Wine to a Poultis, and applyed to the bottome of the Belly.

Another.

7 R. Hemlock, boile it in a ſufficient quantity of freſh Butter, and lay it to the Belly.

A Poultis for the Sciatica.

8 R. Of Time m. iiii. boile it in a ſufficient quantity of white Wine, unto the thickneſſe of a Cataplaſme, and apply it hot.

A

A Cataplaſme to ſuppurate a cold Tumour.

9 R. Of the roote of marſh Mallows, and Lillies, *ana* ℥ iiii. the roote of Bryony, and wilde Cucumer *ana* ℥ iii. Oyle of Lillies lib. ſſ. Oyle of Coſtus ℥ iiii. Wine ℥ ii. boile them untill the Wine be conſumed, and after it is ſtrained, adde thereto Meale of Linſeed, and Fenugreek *ana* ℥ ii. Leaven ℈ i. ſſ. Duckes, and Gooſe greaſe *ana* ℥ iii. mixe them to the forme of a Cataplaſme.

A Cataplaſme to aſſwage Paine, and ſuppurate Tumours.

10 R. Of the leaves of Mallowes m. ii. Groundſell m. i. binde them in a linnen Cloth, and boile them in Veale broth till they be tender; then ſtamp them very ſmall, and adde thereto of new Creame lib. ſſ. crums of white Bread ℥ vii. Sheepes ſuet ſhred ſmall lib. ſſ. Oyle of Roſes ℥ iiii. boile them untill they be thicke, and in the cooling, adde thereto the whites of two Egges.

A Poultis for a Plague Sore, or Carbuncle.

11 R. Of Lillie rootes ℥ ii. Mallowes, Marſhmallowes, Violets *ana* m. i. Meale of Linſeed, Barley, and Wheate meale *ana* ℥ i. two dry Figs of equall bigneſſe, flowers of Camomill, and Violets *ana* p. i. Elder flowers ℥ ſſ. boile them, and ſtraine them through a Cloth, and adde thereto Sowes greaſe, Hens greaſe, and Calves ſuet *ana* ℥ i. ſſ. Oyle of ſweete Almonds, or Lillies *ana* ℥ iii. Saffron ℈ ſſ. make a Poultis.

A Cataplaſme for the Shingles, to be applyed cold.

12 R. Of freſh Doves dung q. ſſ. mingle it with wheat Bran, and apply it as a Poultis, and cover it with a Colewort leaſe for three daies, and it cureth.

A Cataplaſme for a Wrench, or Straine.

13 R. Of Brookelime, Parſely, Groundſell *ana* q. ſſ. Sheepes ſuet as much as ſhall ſuffice for your herbes, chop them ſmall together, and boile them in Vrine, and ſo hot apply them upon a blew Cloth.

A Cataplaſme for the Kings Evill, or the Tumour called Scrophula.

14 R. Of Weybroad, called alſo Ribwort, Plantain, Woodbine, Shepheards purſe, Betony, wilde Camomill, Scabious, Nightſhade, Egrimony, *ana* m.iii: beate them together in a Mortar, and ſtraine out the Iuice; take as much Honey as of thoſe Iuices, alſo as much Iuice of Parſeley as of all the reſt; and againe, as much Honey as of that: boile all together, and put into it as much Barley branne as will make it into the forme of a Poultis.

A Cataplaſme to ſtay Flux of Blood in any part.

15 R. Frankincenſe, Aloes, Dragons blood, Bolearmen *ana.* equall parts; mingle them with the white of an Egge, and the haires of the Belly of an old Hare a little ſhred: apply it.

A

A Cataplaſme for a ſore Breaſt.

16 R. Frankincenſe, and mixe it with Fullers Earth, and Oyle of Roſes, and apply it; for it helpeth the hardneſſe, and Inflammation of them, after the women are delivered of Childe.

A Poultis for a ſore Breaſt.

17 R. Turnips nu. iii. or iiii. pare them pretty thick, and boile the parings in new Milke, and make a Poultis, and lay to the breaſt hot; uſe this, and it will cure it.

A good Poultis for an Impoſtume, or any ſudden Swelling in any part of the Body. Alſo for a ſore Breaſt.

18 R. Of French Barley a pinte, beate it fine, put to it halfe ſo much Linſeed beaten fine; then take a handfull of Mallowes ſhred ſmall, and put all theſe into a quart of new Milke, and ſeethe them till it be thick; then ſpread it on a linnen Cloth, and lay it to hot as may be ſuffered, and let it lie foure and twenty houres.

A Poultis for the Palſey.

19 R. A great Onyon, core it, and fill the hole with Oyle Olive, and Lavender ſmall minced, and ſet the Onyon on the fire untill it be ſoft, and tender; then lay it as hot as may be ſuffered to the top of the head.

Balmes.

Chap. XXXVIII.

An excellent black Balme to agglutinate Wounds.

R. Mummy ℥ iii. Aloes Epatick ℥ ii. Ship pitch ℥ ſſ. Sarcocoll, Gum of Ivy tree, Maſtick, *ana* ℥ i. powder thoſe which are to be powdered ſubtilly, and mixe them with twelve ounces of Aqua vitæ prepared for Wounds; let them boile in a Glaſſe veſſell in *Balneo Mariæ* three daies: which done, adde thereto Oyle of Turpentine ℥ ix. Baniſters Balſame diſtilled ℥ iiii. then boile them againe untill the Aqua vitæ be waſted, and reſerve it to your uſe.

Baniſters Balſame is thus made.

2 R. Of the cleareſt Turpentine lib. viii. black Wine lib. ii. Iuice of Comfry lib. ſſ. Quinces quartered nu. x. wilde Prunell lib. ſſ. Comfrey rootes ℥ iiii. Gum Ammoniack ℥ ii. Olibanum ℥ i. Gum Elemi ℥ i. ſſ. Maſtick, Sarcocoll *ana* ℥ ii. Aloes Epatick, Myrrhe, Mummie, *ana* ℥ ii. ſſ. Cinamon ℥ i. ſſ. *Caſſia ligna* ʒ ii. Dragons blood ℥ i. ſſ. Bolearmen. ℥ i. ʒ vi. Pomegranate Pills ʒ vi. flowers of Pomegranate ʒ ii. Hypociſtis, red Sanders, *ana* ʒ i. ſſ. Nutmegs, Cypreſſe Nuts *ana* ʒ iii. Myrtles ℥ ſſ. powder thoſe that are to be powdered, and ſteep them in *Balneo Mariæ* two daies; and then diſtill them.

A good Balme againſt contraction and ſtiffeneſſe of members, the water whereof cleareth the Eye-ſight.

3 R. Of common Oyle lib. iii. Turpentine lib. i. Gum of the Carobe tree ℥ vi. Maſtick, Myrrhe, Olibanum, Sarcocoll *ana* ℥ ii. ſalt Nitre ℥ ii. ſſ Aqua vitæ lib. i. powder thoſe that are to be powdered, and diſtill them with a gentle fire, and receive the Water with a thin Oyle ſwimming aloft, which ſeparate apart by it ſelfe; but the thickeſt Oyle in the bottome ſeparate by ſtraining, which is the Balme.

An excellent Balme of Earth wormes for the ſpeedy curing of all manner of Wounds, eſpecially thoſe of the ioynts, Sinews, and Tendons, and about the head it cureth prickes according to the firſt intention, and is good for Palſies, Cramps, Lameneſſe, or Numneſſe, and ſuch like.

4 R. Oyle of Turpentine lib. v. long Earthwormes prepared lib. ii. ſſ. Myrrhe ℥ ii. ſſ. Maſtick, Sarcocoll, Olibanum ℥ iii. Galbanum, Gumme Ammoniack *ana* ℥ i. Bdellium ℥ ii. Gumme Elemi ℥ iii. Cloves ℥ iii. common Oyle lib. ii. Oyle of Wormes lib. i. of the pureſt Turpentine lib. i. put Oyle together, except the Oyle of Wormes and common Oyle, into the Oyle of Turpentine, the Gummes being firſt finely minced, and the reſt powdered, and ſo let them ſtand thirty dayes; then poure out by it ſelfe the cleareſt part, but the thicker part with all the grounds put into your boiling veſſell, together with a pinte of Malmeſey, or Sacke, and the Oyle of Wormes, and common Oyle; boyle theſe together the ſpace of three houres, continually ſtirring it that it grow not to the bottome; then when the thick

parts

parts swim above, take it off the fire, and put into it the Oyle of Turpentine that before was cleared from it, lastly straine it purely.

Vesalius his Balsame.

℞. Of the best Turpentine lib. i. Oyle of Bay ℥ iiii. Galbanum ℥ iii. Gumme Elemi ℥ iiii. ſſ. Frankincense, Myrrhe, Gumme of Iop. great Centory, wood of Aloes *ana* ℥ iii. Galingale, Cloves, Comfrey, Cinamon, Nutmegs, Zedoary, Ginger, white Ditanie *ana* ℥ i. Oyle of Earth-wormes ℥ ii. Aqua vitæ lib. vi. beate all these small, and infuse them three daies in Aqua vitæ; then distill them in a Retort of such largenesse, that three parts thereof may remaine empty; then place the Retort in an earthen Pan filled with sifted Ashes, and set it upon the Fornace, and to the neck thereof fit, and closely lute a Receiver: Lastly, kindle under it a soft fire at the first; from hence will flow three Liquors, the first wateriſh, and cleare, the other thinne, and of a pure golden colour, the third of the colour of a Carbuncle, which is the true Balsame; the first Liquor cuts flegme, and discusses Flatulencies, is good against the weakenesse of the Stomack comming of a cold cause; the second helps hot, and fresh bleeding Wounds; the third is chiefly effectuall against these same affects.

Fallopius

Fallopius *his Balſame.*

6 R. Of cleere Turpentine lib. ii. Linſeed Oyle, lib. i. Roſin of the Pine, ℥ vi. Frankincenſe, Myrrhe, Aloes, Maſticke, Sarcocoll, Mace, Wood of Aloes *ana.* ℥ ii. Saffron ℥ ſſ. let them be put in a Glaſſe retort, ſet in Aſhes, and ſo diſtilled; there will come forth a cleere Water, and preſently after a reddiſh Oyle, moſt profitable for Wounds.

A very good Balme.

7 R. Of Turpentine lib. i. ff. Galbanum ℥ ii. Aloes Cicatrine, Maſticke, Cloves, Galingale, Cinamon, Nutmegs, Cubebs, *ana.* ℥ i. Gumme of Iop ℥ ſſ. beat them all, and mixe them together, and diſtill them in a Glaſſe with a ſlow fire firſt, and receive the firſt Water ſeverally by it ſelfe; then encreaſe the fire, and you ſhall have a Water more reddiſh; then encreaſe your fire, and you ſhall have a red Oyle: your Receiver muſt be thrice changed.

This Oyle hath all the vertues of true Balme, for it burneth in the Water, and curdeth Milke; the firſt Liquor is called the Water of Balme, the ſecond, Oyle of Balme, the third, Balme Artificiall; the firſt is good againſt the running of the Eares, if two drops Morning and Evening be put into them; dropt into the Eyes, it helpeth the Bleardneſſe, and conſumeth the Teares; it is good to waſh the mouth againſt the Toothache, and Wormes in the Teeth: the third Liquor is good againſt Venome and poyſon, if two, or three drops be laid upon it; and if you incloſe any venemous thing within a Circle made herewith, the Creature will rather die, then

come out: it is good againſt Impoſtumes, Fiſtulaes, and *Noli me tangere*, and all cold Flegmaticke humours; if a cloth be wet therein, and laid upon it, it availeth againſt the Palſey, and trembling of the Members.

Bathes.

CHAP. XXXIX.

A Bathe for a Rupture.

1 R. Of the Barke and Flowers of Pomegranates, Cups of Acornes, Shumac, *ana.* ℥ i. Larkes ſpurre, Comfry *ana.* m. i. Hypociſtis, Galls, Allom, *ana.* ʒ ii. Roſes, Camomill, aniſe, *ana.* p. ii. boyle them in equall portions of Red Wine, and Smithes Water, with the Decoction Bathe the place affected.

A Bathe for Diſeaſes in the Legs, called Malum mortuum.

2 R. Of ſowre Sorrell, of Fumetary, *ana.* m. ii. nip, m. i. Barley Branne, Lupines, *ana.* m. i. ff. Violets, Mallowes, *ana.* m. ff. white and black Elebor, *ana.* ℥ i. ff. Hony, ℥ ii. let them boyle in a ſufficient quantity of Water, till the third part be conſumed.

A Bathe for the Stone.

3 R. Of Hyſſop, Mallowes, Parſeley, Pellitory of the Wall, *ana.* m. i. Linſeed, ℥ ſſ. Saxifrage, m. *i.* put them in a cloth, and boyle them in a ſufficient quantity of Water, and make a Bathe.

A Bathe for a Conſumption.

4 R. Of new Calves Heads, nu. vi. with the Gathers, and Feet, as many Sheepes Heads, all as well dreſſed as if they were to be eaten; boyle them in Water, in a great Veſſell, or for need in two, and make a Bath, which let the Sicke uſe every other day at Evening, and Morning an houre at a time: thus uſe it every time freſh, for nine times together.

A Bath for the retention of Womens Viſits.

5 R. Of Mallowes, halfe a Pecke, as much Plantaine, as much of Elder leaves, Mugwort, and Motherwort, *ana.* m. iiii. Wormwood, Rue, Featherfew, *ana.* m. ii. Camomill halfe a Pecke, as much Red Sage, boyle them in Water untill they be ſoft, then put into it Bayberries ℥ ii. Cominſeeds ℥ ii. make a Bath, wherein let the Patient ſit up to the Pappes.

A Bathe to ſoften and mollifie the Skinne.

6 R. The Rootes of white Lillies, and Marſhmallowes, *ana.* lib. ii. Mallowes, Pellitory of the Wall, Violets, *ana.* m. ſſ. Linſeed, Fenugreeke, Marſhmallowes, *ana.* lib. i. Flowers of Camomill, Melilot, and aniſe, *ana.*

p.vi. boyle them in a ſufficient quantity of Water, after adde Oyle of Lillies and Flaxe, *ana.* lib. ii. make hereof a Bath, that the Sicke may ſwimme therein a good while.

You may ſee the Figure of your Bathing Tub in Parreye's *Chirurgery, with the double Perforated Bottome, to which I referre you.*

Obſervations for thoſe that Bathe.

7 It is not good to uſe Bathing too often, for it offendeth the Heart, cauſeth Sincope, taketh away the Appetite, looſeth the Ioynts, reſolveth the Spirits, and moveth the Humours. After what manner ſoever your Bathes be made, they muſt alwayes be warme; for warm Water humects, and mollifies the ſolid parts, if at any time they be too dry, or hard: it is good againſt Sunburning and Wearineſſe, alſo if we finde our ſelves too hot, or too cold, or loathing of Meats, we find great profit in Bathes made of ſweet warme Water. Herein wee uſually adde Oyle, becauſe Water alone will not ſo long adhere to the Body: they are good in Hecticke Feavers, and in the declenſion of all Feavers, and againſt raving and talking idlely, for they procure ſleepe; againſt inflammation of the Lungs and Sides, for they mitigate paine. For Bathes we chuſe Raine Water, rather then River Water, ſo it be not muddy, and then Fountaine; the Water of Lakes, and Fennes, is not to be uſed. Firſt, you muſt fill your Veſſell with your Decoction, warme, almoſt full, and ſo let the Sicke goe into it, in the Morning faſting, or fixe houres after Meat: cover the Tub cloſe with a Coverlet, or Blanket, all but the Patients Head, that he may take breath. For the

time

time of the yeare, chuſe the Spring, and latter end of Summer, a cleare warme day, a cloſe quiet roome, and warme. Whiles the Patient is in the Bathe, he muſt abſtaine from all meate, unleſſe (to comfort his heart, and keepe him from fainting) he take a little ſop in Wine, or the Iuyce of an Orenge, or a ſtewed Pruine, or the like, to quench his thirſt: The ſtrength of the Patient will ſhew how long he may ſtay in the Bathe, for he muſt not ſtay in to the reſolution of his powers; comming out of the Bathe, he muſt be taken up in a cleane warme Sheet, and ſo laid in a warme bed, and cloathes enough upon him, to make him ſweat eaſily: after hee hath ſweat ſo long as he can well endure, take the Sheet from him, and dry him well with warme Napkins, chiefly his Head, under his Armes, Breaſt, and Roote of his Thighes; then let him reſt in his Bed an houre, or two; and when he is well refreſhed, give him a cleane Shirt, that is dry, and warme, and let him riſe, and walke, but let the Chamber be kept very warme; then let him feed upon meates of good juyce, and digeſtion; after Bathe uſe not Venery: for Bathing uſe ſuch Hearbs as are moſt convenient for the Diſeaſe, the Patient is affected with: the Ordinary ſort of Hearbes, which are uſed in the Spring, are theſe; Mallowes, Marſhmallowes, Violets, Pellitory of the Wall, Pumetary, Angelica, Roſes, Betony, Fennell, Barefoote, Dragon, Plantaine, Bugloſſe, Agrimony, Harts-tongue, which are ſodden in Water, and made into a Bathe: after the Bathe dry well the Head, and eate not of two houres after.

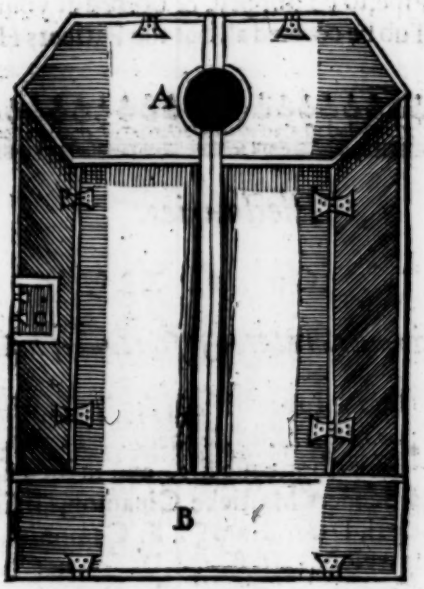
Chap. XL.

Of Stoves and Hot-houſes.

STOves are either dry or moiſt; dry by making a fire underneath, or moiſt, by cauſing a moiſt Vapour or heate from ſome decoction of Leaves, Hearbes, Flowers, or Seedes, in Water, or Wine, or both together: the dry Stoves are uſed in many places in London, by making a cleare fire underneath, that preſently heates all the roome, by reaſon of a vaulted Furnace, wherein the fire playes; of this kinde every one may make himſelfe one, as he ſhall judge beſt, and fitteſt: the moſt neceſſary for private uſes, I ſhall delineate to you in this Figure following.

The Figure of a Stove to ſweat in, with a hole to put out the Head, and a drawing Boxe underneath to put in Coales, or a hot Wedge of iron; it muſt have a ſeat within for the Patient to ſit on; ſo high that his feet touch not below for feare of burning.

A,



A, ſhewes the hole in the top, *B*, the dore to ſhut in the Drawer with Coales, and *C*, ſhewes the little doore, whereat to give the Patient warme Clothes to dry off the Sweat.

The moiſt Stoves are made in an ordinary Bathing Tub, by putting the decoction into a Pot, and ſetting it over the fire well luted, with a Pipe that ſhall come into the Bathing-tub, ſtanding neere thereto; which Tub muſt have a double bottome, the uppermoſt being full of holes, whereupon the Patient ſitting, may receive the Sudorificke Vapour; now that the heat may be mitigated,

ted, when it is too hot, you must have a hole in the top of your Pipe, to be stopped, & opened at your pleasure: Let the Tub be covered all but the Patients Head.

Electuaries.

CHAP. XLI.

To make an Electuary of the Iuyce of Roses.

1 R. Of the Iuyce of fresh dry Roses, white Sugar, *ana.* lib. i. ff. boyle them into a solid Electuary with an easie fire, and in the end sprinkle powdered Sanders, Masticke, Cinamon, all finely powdered *ana.* ʒ ii. Diacridium ʒ i. ff. Camphire, ϑ ff. make Tablets in weight ʒ iii. ff. the Dose is one Tablet, the whole composition is ℥xxii. the Doses be about 70. It doth draw Choler very strongly, and also thinne, and watrish humours; very good for those that have the Gout, if they have not a vehement Ague withall.

To make Diaphœnicon.

2 R. Of the Pulpe of Dates, cleansed, boyled in Hydromell, and fined in a Sive, fresh Penids, *ana.* lib. ff. blancht Almonds, ʒ iii. ff. when they be bruised, and mingled all together, put into them clarified Hony, lib. ii. boyle them a little, and then sprinkle Ginger, Pepper, Mace, Cinamon, Leaves of dry Rue, Fennell seed, and seed of wilde Carrets, *ana.* ʒ ii. Turbith finely beat,

ʒ iiii.

℥iiii. Diacridium ℥ iiii. ſſ. the Doſe is from ʒ iii. to ʒ ſſ. the whole compoſition is about lib. iiii. the Doſes about 130. This Electuary doth mildly purge Choler, Crude and ſlimie Flegme, agreeable and convenient in continuall Agues, and Diſeaſes ariſing of Crudity, and alſo for the Cholicke.

To make the Electuary called Benedicta.

℞ Of Turbith ʒ x. Diacridium, Hermodactills red Roſes, *ana* ʒ v. Cloves, Ginger, Saxifrage, Parſeley, ſeed, Salt Gemme, Galingall, Mace, Carrawayes, Fennell-ſeed, Sparagus ſeed, and Seed of Kneeholme, or wilde Myrrhe, Millet, the four great cold ſeeds, Licoras, *ana*. ʒ i. of the beſt clarified Honey lib. i. make it up according to Art; the Doſe is from ʒ iii. to ℥ ſſ. the whole compoſition is almoſt lib. ii. the Doſes be about 50. It draweth forth Phlegmaticke Humours, it purgeth the Rheines, and expelleth the Stone, and Gravell.

To make the Electuary called Confectio Hamech.

℞ The Barke of yellow Mirabolanes, ℥ ii. little Onions, black Violets, Coloquintida, Polipody of the Oake, *ana* ℥ i. ſſ. Woormewood, Thyme, *ana* ℥ ſſ. Aniſeed, Fennell ſeed, red Roſes, *ana* ʒ iii. bruiſe them all, and ſoake them in Whey, lib. ii. then boyle them to a pound, rub them in your hand, and wring them: to the ſtrained decoction, adde the juyce of Fumetary, the Pulpe of Pruines, and Raiſins, *ana* lib. ſſ. white Sugar, clarified Honey, *ana* lib. i. boyle them to the thickneſſe of Honey, ſprinkling in the end, Agaricke, and Sene beaten fine, *ana* ℥ ii. Rubarb beaten ℥ i. ſſ. Dodder that groweth upon Thyme, ℥ i. Diacridium ʒ vi. Cinamon,

℥ ſſ. Ginger ʒ ii, Seed of Fumetary and Aniſe, Spikenard, *ana*, ʒ i. the Doſe is from ʒ iii. to halfe an ounce, the whole compoſition is lib. iii. and ℥ viii. the Doſes be about 80. This Electuary purgeth Melancholy, and other humours aduſt, and is good againſt Madneſſe, Melancholy, Giddineſſe, Forgetfulneſſe, and all faults of the Skinne, as Scabbes, Morphew, Canker, Tetter, and Elephantiaſis.

To make an Electuary called Hiera Simplex.

5 R. Cinamon, Mace, Aſarabacca, Spikenard, Saffron, Maſticke, *ana*, ʒ vi. Aloes unwaſhed, ʒ 100, or lib. i. ſſ. the beſt clarified Honey, lib. iiii. the Powder alone is miniſtred from ʒ ii. to ʒ iii. but being taken in Honey from ℥ i. to ℥ i. ſſ. It is more comfortable then purging, it purgeth Choler, and Phlegme from the ſtomacke and Intrailes, it doth mildely helpe all Diſeaſes proceeding of Crudity, and alſo the Paleneſſe of the Face.

An Electuary for a Cough, or Cold.

6 R. Of Germander, Hyſſop, Horehound, Maidenhaire, Agrimony, Betony, Liverwort, and Harts-tongue *ana*. m. i. boyle them in nine pints of water, to the conſumption of ſixe, then let it coole, and ſtraine it: to this decoction put of clarified Honey, lib. ſſ. fine Powder of Licoras ℥ v. Enulacampana roote powdered ℥ iii. boyle them to the thickneſſe of an Electuary; take of this at any time, but eſpecially in the morning faſting, and at night when you goe to bed, or two houres after Supper, the quantity of a Nutmeg.

The Electuary of an Egge, commonly called, Electuarium de ovo, *againſt the Plague.*

7 R. A new laid Hennes Egge, make a little hole in the leaſt end of it, no bigger then need ſhall require, to get out the White from the Yolke, whichdoe as cleane as cleane as may be; and if the Yolke come out, put it in againe, then with a little ſticke of wood ram the Egge as full of the beſt Engliſh Saffron as may be, then cover the hole with the top of another Egge-ſhell, and a litle white of an Egge, ſo as nothing may breathe forth; lay the Egge in an Oven, when the Bread is newly drawne, lay it upon a Potſheard, or ſuch like, to keepe the ſhell from burning, ſtop the oven cloſe, and let it lie untill the ſhell be browne, and that the Saffron and Yolke be ſo well dryed, as you may beat it to fine Powder: firſt pill off the ſhell, and cut the ſubſtance into two parts, long wayes, and if any part within it be not well dried, you may dry it on a Chafingdiſh & coals in a pewter diſh untill it be well; Then beat the ſaid ſubſtance to fine Powder, weigh it, and put therto as much white Muſtard ſeed finely beaten, as the Egge doth weigh. Then take the roots of white Ditanie, and Turmentill, ʒ ii. the Powder of Myrrhe, Harts-horne, *Nux vomica ana*, ʒ i. the Powder of the rootes of Angelica, wilde Burnet, Iuniper berries, Setwall, and Camphire, *ana*. ʒ. ſſ. mixe theſe all together; being finely beaten, weigh them all together, and put them in a good large Iron or Stone Morter, with as much of the pureſt and beſt Triacle Andromecha, as all the ſaid things doe weigh; then worke and bray them together a good while, then put into your Mortar, to all the ſaid things, of the beſt and pureſt Honey clarified that you can get, in this

proportion; if your Egge weighed an Ounce, then one pound of Honey at the leaſt, more, or leſſe according to the proportion of your Egge; or you may put as much Honey as all the ſaid things doe weigh, and bray and ſtirre all thoſe things together, for three houres at the leaſt, by a good Houreglaſſe. Your Electuary being thus made, put it into a Glaſſe, or Gally pot, cloſe ſtopped: ſet it not where heat, or Sunne commeth to it, and it will laſt thirty yeeres.

Give it to the Patient infected, the quantity of a reaſonable Walnut at the moſt, and to a childe leſſe, as you ſhall thinke meet; give it luke warme, in Dragon, or Cardus water diſtilled; for want of theſe, in white Wine: if the infected brooke it not thus, then in Sacke; if he caſt it, give it him again in Sack, and if he brook it not then, the third time; if then he caſt it, then God have mercy upon him, few ſcape unleſſe they brooke it, and preſently breake out in Sores: and if he brooke it, give him no more that night, but the next day, if need require, give him halfe the ſaid quantity, as if the Sore be comming, and doth not readily come forth; let not the ſicke drinke for two houres after: let thoſe that goe to the infected, take as much as a little Haſell Nut, and let him, if he can, drinke once in a weeke, a good quantity of white Wine and Sallet Oyle: aire Houſes, and Cloathes with Frankincenſe. This is alſo good for ſuch as are taken with ſome ſudden fit, being taken as laſt before.

An Electuary to purge Melancholy.

℞ R. Of Rubarbe ʒ ii. Agaricke, ʒ iii. Caraway ſeedes, and Coriander prepared, ʒ ii. Cummin prepared, ʒ i. Anniſeedes, ʒ i. London Treacle, ʒ i. Sene ʒ i.

Muske

Muske, gr. ſſ. Ambergreeſe, gr. i. Cinamon, ℥ ii. Mirabolans Cebuli, Mirabolans Embici, *ana* ℥ i. Ginger, ℥ i. Nutmegs, ℥ ii. Mace, ℥ ii. Diacridium, ℥ ii. Powder Sugar, and Roſewater, as much as will ſerve to make a Sirrup to compound theſe Powders into the forme of an Electuary.

An Electuary for the Ptiſicke.

℞ The roote of Enula Campana, in May drie it, and beat it ſmall, and put it in Vinegar untill it be ſoft; then dry it againe, and when it is dry, boyle it to an Electuary with pure Honey, and keepe it in a boxe, to eate now and then the quantity of a Haſell Nut.

Sirrups.

CHAP. XLII.

To make a moſt excellent Sirrup of Damaske Roſes, made by that worthy and famous Doctor Andreas de Languina, *a Spaniard, and commonly uſed by the Princes of Spaine, Germany, Italy, and France, and by the beſt learned men in thoſe Countries.*

℞. Of Damaske Roſes gathered in the dew, if it be poſſible, lib. vi. cut away all the white in the bottome; then boyle of faire Spring water, in a well glaſed pot with a narrow mouth, lib. xviii. and being ſodden a little, put in your Roſes, and ſtop them cloſe the ſpace of ſixe houres; then with your

hands being cleane, wring the Water from the Roſes, and then ſeeth the ſame water againe, and put in as many freſh Roſes as you did before, and thus doe nine times, till the Water be of the colour of the Roſes, and the very taſte and ſavour of them: then take of that Decoction, lib. vi. thus prepared, and to it put of the fineſt Sugar lib. iiii. and make thereof a Sirrup according to Art; of which Sirrup you may give to a ſtrong nature, the quantity of ℥ v. mixed with the Broth of a Henne ſodden without Salt, or elſe with Buglos Water; this Sirrup purgeth without offending of the Stomacke, with great gentleneſſe, better then either Rubarbe, or Manna; it will give twelve or fourteene ſtooles at a time of a very filthy humour, whereby it eaſes all the heavie paines and loathſomneſſe of the joynts, and of the head, and of the whole body, and is the moſt pretious, and wholeſomeſt purge of all; for it comforteth the ſtomacke, refreſheth the Liver and Heart, and taketh away from them their ſuperfluous humours. When you have done as aforeſaid, you muſt clarifie it with the white of an Egge in this order; let it boyle ſoftly on the fire, and then beat the whites of two or three Egges till they foame, and put into the pot a ſpoonefull; and as the skumme doth riſe, skumme it off a good pace, till you have uſed all your Egges, and no more skumme will riſe; when you have done all to the putting in of your Sugar, you muſt ſee that your Panne or Pot be very cleane, and let it ſeeth, then put in your Egges, as before, and let it ſeeth untill it be thicke.

To make Sirrup of Vinegar ſimple.

℞ R. Of pure Spring water lib. iiii. of white Sugar lib. v. boyle them untill they caſt up a foame, and halfe

halfe the Water be conſumed; then put to it of white Wine Vinegar lib. iii. and boyle them againe untill they come to a Sirrup. This Sirrup is common to all humours, and doth prepare them; it digeſteth Choler, Phlegme, and Melancholy, and doth attenuate groſſe humours, by reaſon of the Vinegar; it mitigateth the heate of Choler, and aſſwageth the burning of Agues, and Thirſt, and ſcoureth the paſſages of the Body that are ſtopped; it provokes Vrine, is an enemy to corruption, and penetrates into all the parts of the Body, and alſo after a Purgation, it provoketh ſweat, and corrects the malice of all humours.

To make Sirrup of Vinegar compound.

3 The Sirrup of Vinegar compound is made by boyling Hearbes, Rootes, or Seedes in Water, and of the Decoction to make a Sirrup with Vinegar, and Sugar; the Hearbes, or Seedes, ought to be ſuch as are fitteſt to prepare the humour you intend to purge.

To make Catholicum ſimplex.

4 R. Of the rootes of Enula Campana, Bugloſſe, Cichorie, or wilde Endive, Marſhmallowes, Polipodie of the Oake, ſeed of Baſtard Saffron, all beaten *ana.* ℥ii. Hyſſop, Stæchados, Bawme, Agrimony, Mugwort, Betony, Scolopendria, or Stoneferne, *ana* m. ii. Raiſins ſtoned ℥ iii. of the foure great cold Seedes, Aniſeedes, Licoras, *ana.* ʒ iii. boyle all theſe according to Art, in lib. x. of Hydromell (which is xv. lib. of water, boyled with lib. i. of Honey skummed cleane as it boyles) till three pounds be conſumed; then ſtraine the Decoction, and macerate therein the ſpace of xii. houres, the cleanſed

cleanſed leaves of Sene beaten ℥ iiii. the Sirrup of the infuſion of pale Roſes, lib. i. of the beſt clarified Honey, lib. ii. boile them with an eaſie fire unto the thickneſſe of Honey, putting into it laſt of all, of the beſt Rubarbe, and pureſt Cinamon, *ana.* ℥ i. yellow Sanders, ℥ i. Nutmegs ʒ ii. the Doſe is ℥ i. the whole compoſition is lib. iiii. the Doſes be about 50. This doth purge all humours gently from all parts of the Body, and may be given to women with childe, old folke, or children, either with an Ague, or without.

To make Catholicum Majus.

4 R. Of the foure great cold Seedes cleanſed, of white Poppy ſeed, *ana.* ʒ i. Gumme Dragant, ʒ iii. red Roſes, Yellow Sanders. Cinamon, *ana.* ʒ ii. Ginger, ʒ i. of the beſt and choiſeſt Rubarbe, Diacridium, *ana.* ℥ ſſ. Agaricke, Turbith, *ana.* ʒ ii. white Sugar diſſolved in Roſe water, in the which ℥ ii. of the leaves of Sene have beene incocted lib. i. let Tables be compounded of weight ʒ iii. the Doſe is one Table, the whole compoſition is lib. i. ſſ. the Doſes be about 50. It gathereth humours from all places of the Body more forcibly, without diſturbance of the body or ſtrength.

To make a Sirrup of white Roſes by infuſion.

6 R. Of the Water of infuſion of white Roſes, lib. v. clarified Sugar lib. iiii. boyle them with a lent fire, to the thickneſſe of a Sirrup; ſoake lib. ii. of Freſh white Roſes in lib. vi. of warme water twelve houres covered; inſtead of theſe put in other freſh Roſes; then wring thoſe out, and put in other freſh Roſes, nine or tenne times, untill the water have the ſtrength of the Roſes, in which

which the Sugar muſt be diſſolved. This Sirrup draweth from the Entrailes thinne Choler, and wateriſh humors, to be given to children and old folkes, and thoſe that are ſicke.

Sirrup of the Iuice of Lemmons.

7 The Sirrup of the juyce of Lemmons, of Citrons, of Oranges, of unripe Grapes, of Pomegranates, of Sorrell, of Ribes, or red Gooſeberries, the order of making them is all alike; for the juyce of every one of them muſt be purged by running through a Woollen Strainer, freely without compulſion, and to every vii. lib. of Iuyce, adde of good white Sugar lib. 5. and boile them in a Tinne Veſſell on a ſoft fire to a Sirrup. The Sirrup of the Iuyce of Lemmons doth aſſwage heate and thirſt, and reſtraineth corruption in Feavers; it defendeth the Stomacke, Heart, and Noble parts; it purgeth the Kidneyes, and provoketh Vrine: Sirrup of Citrons doth the like: the Sirrup of Pomegranates corroborates the Stomacke, the Spleene, Liver, and Lungs, and reſtraineth vomiting: Sirrup of Oranges is more pleaſant: Sirrup of unripe Grapes doth more quench thirſt: Sirrup of the Iuyce of Sorrell doth allay Choler, and open obſtructions: the Sirrup of red Gooſeberries is more ſweet in taſte, and more aſtringent.

Oxymel ſimple.

8 R. Of the cleareſt Water, and of the beſt Honey, *ana.* lib. iiii. boyle them untill halfe the Water be conſumed; then poure in of very ſharpe Vinegar lib. ii. and let them be boyled againe to a Sirrup: it doth ex-

tenuate grosse humours, and scoure slimy matter, and open old obstructions, and Asthma, that is, obstructions of the Lungs, with Flegme, whereof ariseth shortnesse of Wind.

Sirrup of Endive.

9. R. Of fresh Endive, Lettice, Agrimony, Garden Succory, Liverwort, Sowthistle, Hawkeweed, *ana.* m. i. ff. of the foure great cold Seedes, *ana.* ℥ i. red and white Sanders, red Roses bruised *ana.* ℥ ii. boyle them in lib. viii. of Water to the halfe, then straine it, and to the decoction put of white Sugar lib. iiii. seeth them all together againe, and scumme and fine them as they boyle; then adde of the Iuyce of Endive purged by setling lib. i. afterwards of the pure Iuyce of Pomegranates without dregs ℥ iiii. boyle them all to a Sirrup. It cooles, purges, and corroborates the Liver, and is good after Purgations.

Sirrup of Harts tongue.

10 R. Of Oake Ferne, Rootes of both kindes of Bugloss, the barke of the root of the Caper bush, Barke of Tamariske, *ana.* ℥ ii. Harts-tongue m. iii. Maydenhaire, Balmemint, Hoppes, Dodder, *ana.* m. ii. boyle them in lib. ix. of Water, untill there remaine v. straine it, and put to the decoction of white Sugar lib. iiii. boyle them and fine them to a Sirrup. It is good against Melancholly, and abateth the Swelling of the Spleene.

Sirrup

Sirrup of dry Roſes.

11 R. Of Water lib. iiii. make it warme, and infuſe in it for the ſpace of xx iiii. houres red Roſes dried lib. i. ſtraine it, and diſſolve therein white Sugar, lib. ii. then boyle them to a Sirrup. It doth mitigate the hot Diſeaſes of the Braine, aſſwages thirſt, ſtrengthens the Stomacke, cauſeth Sleepe, and ſtayeth Fluxes of the Belly, agglutinates, and mundifies Vlcers.

Sirrup of Poppy.

12 R. the Heads of white Poppie, not throughly riped, and new ℥ viii. the Heads of blacke Poppy, freſh gathered, ℥ vi. *Aqua Cæleſtis* lib. iiii. boyle them to the conſumption of halfe, and put thereinto Sugar, and Penids *ana.* ℥ viii. boyle them to a Sirrup. It is good againſt Catarrhes and Coughes, mitigateth the heate of the forehead, helpeth Frenzies, and Watchings, and ſo procureth Sleepe.

To make Diacodion.

13 R. The heads of white Poppy, neither the greateſt nor ripeſt, nu. xii. *Aqua Cæleſtis*, lib. ii. boyle them to the thid part, and when it is ſtrained, put thereto of the beſt *Sapa*, that is, new Wine boyled to the third part, ℥ iii i. of the pureſt Honey ℥ ii. boyle all theſe together, and in the end of the Decoction, put red Roſes, Flowers of Pomegranates, *Acatia*, *Sumach*, *ana.* ʒ ii. Seed of Purſelaine, white and red Corrall, *ana.* ʒ i. This Sirrup procureth Sleepe, and helpeth the Catarrhes, and ſtayeth all Fluxes of the Belly.

Sirrup of Violets compound.

14 R. The freſh gathered Flowers of Violets, ℥ ii. Seed of Quinces and Mallowes, *ana.* ℥ i. Iujubes, Sebeſtens, *ana.* nu. xx. Gourds boyled, or their Seed, lib. v. boyle them to them to the halfe, and with lib. ii. of Sugar make a Sirrup. It mitigates the Catarrhe, and hoarſeneſſe, helpes the Cough, and eaſeth the Pluriſie, and quencheth thirſt.

Sirrup of Violets ſimple.

15 The Sirrup of Violets ſimple is made by infuſing the Flowers in water, once or twice, or thrice, as you did in making Sirrup of Roſes, and with the Decoction make a Sirrup with Sugar. It aſſwageth ſharp humours, and Pluriſie; good for Head-ach, Watching, and dreaming, and againſt the heavineſſe of the Heart; alſo it is good to temper other Medicines.

Sirrup of Hyſſop.

16 R. Of dryed Hyſſop, ℥ i. ſſ. rootes of Oake Ferne, of Fennell, Licoras, Seed of Baſtard Saffron, *ana* ℥ i. cleanſed Barley, white Venus haire, *ana.* ℥ ſſ. cleanſed Raiſins, ℥ i. ſſ. dryed Figges, fat Dates, *ana.* nu. x. boyle them in ſixe pound of Water, to the conſumption of halfe; then ſtraine it, and adde to the Decoction of pure Honey lib. i. ſſ. and Sugar as much, and make a Sirrup. It purgeth the Lungs gently, and doth digeſt Phlegme by attenuating it, and is good againſt the Pluriſie.

Sirrup of Horehound.

17 R. Of white freſh Horehound ℥ ii. Licoras, Polipody of the Oake, Roote of Smallage, and Fennell, *ana.* ℥ ſſ. white Venus Haire, Hyſſop, Origan, Garden Savorie, Calamint, Coltfoot *ana.* ℥ vi. Seed of Aniſe, and Cotton, *ana.* ℥ iii. Raiſins of the Sunne ſtoned ℥ ii. fat Figges dry nu. x. boyle them in viii. lib. of Hydromel delayed till the halfe be conſumed; then ſtraine it, and boyle the Iuyce into a Sirrup with Honey, lib. ii. and white Sugar lib. ii. ſeaſon it with ℥ i. of the Powder of the Roote of the Florentine Flower-de-luce. This Sirrup avayleth much in Ptiſickes, Coughes, and all Diſeaſes of the Breaſt and Liver; for it cutteth, attenuateth, and purgeth all groſſe and ſlimy Flegme; and becauſe it is compoſed of ſuch a confuſed mixture of lenitive, and cutting ſimples, therefore in old inveterate Coughes and Ptiſicks I uſually preſcribe, with good ſucceſſe, a compoſition of this Sirrup, with others more moderate, as thus. R. of Sirrup of Horehound, Maiden haire, Coltsfoot, Hyſſop, Violets, *ana.* ℥ i. mingle them, and take every morning and evening halfe a ſpoonefull, and as much when you feele the Cough approach, or the Flegme to riſe.

Sirrup of the Iuyce of Bugloſſe.

18 R. Of the Iuyce of Bugloſſe clarified, lib. iii. white Sugar. lib. ii. boyle them to a Sirrup. Thus you ſhall make the Sirrup of the Iuyce of Violets or Peaches, which are all Cordiall. Sirrup of Bugloſſe is not onely good to cheare the Heart, and drive away ſwouning, but alſo for Melancholy and Mad people.

Sirrup of Mint.

19 R. The Iuice of ſweet Quinces, the Iuyce of Tarty ſweet Quinces, the Iuyce of ſweet Pomegranates, the Iuyce of Tarty ſweet Pomegranates, *ana.* lib. i. ff. mixe theſe together, and infuſe in them for the ſpace of xxiiii. houres lib. i. ff. of dry Mint, and of red Roſes ℥ ii. boyle them untill halfe be conſumed, and then ſtraine it, and adde thereto of white Sugar lib. iiii. and to ſweeten the Sirrup, boyle therein ʒ iii. of *Gallia Muſcata*, bound in a cloth. This Sirrup heates the ſtomacke moderately, and corroborates it, and helpeth concoction, abateth Loathſomeneſſe, Vomiting, Chincough, and Lientery.

Sirrup of Coltsfoot.

20 R. Of Coltsfoot freſh gathered, m. vi. Maidenhaire, m. ii. Hyſſop m. i. Licoras ℥ ii. boyle them in lib. iiii. of Rain Water, or Spring Water, untill the fourth part be conſumed; then ſtraine it, and clarifie it, and with lib. iii. of white Sugar make a Sirrup.

Sirrup of Maidenhaire.

21 R. Of Licoras ℥ ii. Maidenhaire ℥ v. infuſe it in lib. iiii. of Spring Water; then boyle it, and ſtraine it, and with lib. i. ff. of pure Sugar, boyle it up to a Sirrup.

Sirrup of Wormewood.

22 R. Roman Wormewood lib. ff. red Roſes, ℥ ii.

Spikenard

Spikenard ʒ iii. bruiſe them, and infuſe them xxiiii. houres in old and well ſmelling white Wine, and the Iuyce of Quince peares lib. ii. ſſ. boyle them with a gentle fire to the conſumption of halfe, then boyle them againe with lib. ii. of white Sugar, to the thickeneſſe of a Sirrup. It purgeth and conſumeth Choler out of the ſtomacke, it recovereth a good and pleaſant colour, and helpeth the Iaundies.

Sirrup of Radiſh.

23 R. Of the Rootes of Garden, and wilde Raddiſh, *ana.* ℥ rootes of Saxifrage, Kneeholme, or Butchers Broome, Lovage, Sea Holly, Pety Whin O Cammocke, or Ground-Furze, Parſeley, Fennell, *ana.* ℥ ſſ. Leaves of Betony, Pimpernell, Wilde Time, tender Crops of Nettles, Creſſes, Samphire, Venus Haire *ana.* m. i. the fruite of ſleepy Nightſhade, and Iujubes *ana.* nu. xx. the Seed of Baſill, Burre, Parſeley of Macedonia, Carawayes, Seſeli, Yellow Carrots, Grommell, Barkes of Baytree root *ana.* ʒ ii. Raiſins ſtoned, Licoras *ana.* ʒ vi. boyl them in lib. x. of Water till foure pound be conſumed, then ſtraine it, and with lib. ii. of purified Honey, and white Sugar lib. iiii. make a cleare Sirrup, ſeaſon it with Cinamon ℥ i. and Nutmegs ℥ ſſ. This Sirrup expelleth Gravell and Stone, and ſcoureth the Kidneis, and Bladder, if it be mixed with other Lenitive and ſcowring things, alſo it provoketh Vrine.

Sirrup of Mugwort.

24 R. Of Mugwort m. ii. Rootes of Flowerdeluce, Elecampane, Madder, Piony, Lovage, Fennell, *ana.* ℥ ſſ. Wilde Time, Origanum, Calamint, Nep, Balmemint, Savine,

Savine, ſweet Marjoram, Hyſſop, Horehound, Germander, Groundpine, S. Iohns Wort, Featherfew, Betony, *ana.* m. i. Seed of Anis, Parſley, Fennell, Baſill, Yellow Carrets, Rue, Nigella, *ana.* ℥ iii. bruiſe them, and infuſe them xxiiii. houres in lib. viii. of Hydromel, till three pound be conſumed: then boyle it with lib. v. of Sugar unto a Sirrup, ſeaſon it with Cinamon ℥ i. and Spike ʒ iii. This Sirrup of Mugwort doth provoke mightily the ſuppreſſed monthly Viſits of Women, which may be done by Sirrup of Maidenhaire, or Hyſſop, but more mildely; it alſo avayleth againſt the ſtrangling of the Wombe.

Sirrup of Alchachenge, or Morrell of the Hill.

℞ Of Alchachenge ℥ i. ſſ. Raiſins, Kernels of Pine Apples cleanſed *ana.* ʒ vi. of the three leſſe Seeds, *ana.* ʒ iii. rootes of Parſeley, Fennell, Aſperage, Bruſchus, and Smallage, *ana.* m. ſſ. Licoras ʒ x. Damaske Pruines, Sebeſtens, Iujubes, *ana.* nu. xii. Flowers of Violets, and of *Girus ſolis*, *ana.* m. i. Saxifrage, m. ſſ. beate them and boyle them a little with Water of Endive, Bugloſſe, Fennell, and a little Wine of Pomegranates, till the third part be conſumed; then ſtraine them, and make a Sirrup with ſufficient white Waxe, and ʒ i. ſſ. of fine Rubarbe. This Sirrup mundifieth, and cleanſeth the Reines from the Stone, Haires, or Branne, comforteth the ſtomacke, and breaketh wind.

Heliotropion, or, millium ſolis.

An

An excellent Sirrup to preſerve the Lunges, and for Aſtma.

26 R. Of Nettle-water, and Colts-foot water *ana*, pinte i. Aniſeed, and Licoras powdered *ana* ii. ſpooneſuls, Raiſons of Sun m. i. Figs ſliced nu. iiii. boile them untill halfe a pinte be conſumed, ſtraine it, and with one pound of white Sugar candy powdered, make a Sirrup.

A Sirrup for the cough of the Lunges.

27 R. Leaves of Harts tongue nu. iii. Liverwort, Lungwort, unſet Hyſſope, wilde Time *ana* m. i. boile all theſe in a pottle of new Wort to a quart; make a thin Sirrup with Sugar candy, and drinke of it when you goe to bed, and in the morning before you riſe.

Another Sirrup for the ſame, and to open Obſtructions, and help a ſhort breath.

28 R. Of unſet Hyſſop, and Penyroyall m. iii. waſh them, and ſtamp them; and to the ſtrained juice adde the like proportion of Engliſh Honey; boile it in a Pewter diſh on a Chafingdiſh, and Coales, the ſpace of half an houre, untill the Iuice, and Honey be well incorporated: hereof let the Patient take two ſpooneſulls at Morning, three of the Clocke, and bed time, and uſe it as long as need ſhall require.

A Sirrup for a Cold.

2 9 R. Of Cetrack one ounce, Coltsfoot, and Maidenhaire *ana* ℥ i. Elecampane roots sliced lib. i. boile them in three quarts of Water till it be wasted to one quart; then straine it, and with a pound of Sugar make a Sirrup *secundum artem*; take of this Sirrup every night, and morning ʒ ij. and as often as you cough.

Pills.

Pilles.

Chap. XLIII.

To make Pilles of Ariſtolochia.

1 R. The roote of round Ariſtolochia ʒ i. roote of Gentian, Myrrhe *ana* ʒ iii. Aloes, Cinamon *ana* ʒ ſſ. Ginger ʒ i. beate them very fine, and make them up with new Oyle of ſweete Almonds, the doſe is ʒ i. ſſ. they may be drunke, but they are ſo bitter that they are more eaſily ſwallowed. Theſe Pilles are of an opening vertue, ſcouring the Liver, and Reines, and are good in an olde Cough, and in the ſuppreſſion of womens viſits; alſo they expell the after birth, and dead childe.

Pills of Agaricke.

2 R. Of Agaricke, Maſtick *ana* ʒ iii. roote of Flower-de-luce, Horehound, *ana* ʒ i. Turbith ʒ v. powdered, Hiera Picra ʒ ſſ. the pulpe of Coloquintida, Sarcocoll, *ana* ʒ ii. Myrrhe ʒ i. Sapa as much as ſhall ſuffice to make them into a maſſe. They purge very ſtrongly from all parts of the body, both Choler, and Slimy humours, but eſpecially from the head and breaſt; and are good againſt Catarrhes, and old Coughes.

Pills called, Without which I would not be.

℞. Of the best Aloes ʒ xiiii. yellow Mirabolanes, Mirabolanes of India, Mirabolanes Chebules, Rubarbe, Masticke, Wormwood, Roses, Violets, Sene, Agarick, Dodder *ana* ʒ i. Scammony ʒ vi. ſſ. dissolve the Scammony in the Iuice of Fennell, as much as shall suffice, and straine it through a Cloth, and with the same Iuice mingle the said Powders finely beate. These draw Choler, Phlegme, and Melancholy from all parts of the body, but especially from the Head, Eyes, and Senses; they preserve the sight, and take away the paine, and noise of the Eares.

Stomack Pills.

℞. Aloes ʒ vi. Mastick, red Roses, *ana* ℥ ii. make them up with the Sirrup of Roses, or Wormwood. These are to be taken before meate, and doe purge the Stomack gently, and mildly, and help concoction.

Pills of Ruffus, called common Pills, or Pestilentiall.

℞. Of the best Aloes ℨ ii. of the best Myrrhe, and Saffron *ana* ʒ i. mingle them with Aromatick Wine, and make a masse. They doe much help the concoction, and will not suffer the meate to pūtrifie, and availe much against pestiferous contagions.

Those that would purge twice, or thrice in a day, or keep their bodies soluble, let them take two or three little Pills as big as a Pease every morning of Aloes Rosatum, or at any time when they will; also there is a way to wash Aloes, and so to make it into Pills; very excellent

excellent to purge the Head of Phlegme: whereof I shall speake hereafter.

As for Antidotaries, Trochiskes, and the like, because (amongst those for whom I intend this Booke) such things are seldome used, and therefore may more better be bought at the Apothecaries, if occasion shall serve, I have omitted them; and considering also that so little cannot be made as sometimes is used, the residue oftentimes corrupted, and lost the strength before they use any againe; moreover I doe not finde any but such as are in Print at large already, and therefore needlesse to be here inserted.

Next I will shew you some things that are set downe in this Book, amongst divers Simples; which you cannot know, unlesse you runne to the Apothecary to buy them.

Chap. XLIV.

First, Of the foure cordiall Flowers, which are

1 Roses. 2 Violets. 3 Borage. 4 Rosemary, or Bawme. 5 Bugloſſe.

The five Emollient hearbs are

1 Marſh-mallow, Mallow. 2 Beets, Brankurſine. 3 Mercury hearbe. 4 Violet Plants. 5 Pellitary of the Wall.

The foure great hot ſeeds.

1 Aniſeed. 2 Fennell ſeed. 3 Carraway ſeed. 4 Cummin ſeed.

The foure leſſe hot ſeeds.

1 Ammi. 2 Our Ladies roſe. 3 Smallage, or Sage. 4 Daucus, or wilde Carrets, Pimpernell.

The foure great cold ſeeds.

1 Gourds. 2 Cucumbers. 3 Citrons. 4. Mellons.

The foure leſſe cold ſeeds.

1 Endive. 2 Cichory. 3 Lettuce. 4 Porcelaine.

The

The five great common Rootes aperitive, and diuretick.

1 Smallage. 2 Asperagus. 3 Fennell. 4 Parseley. 5 Kneeholme, or Butchers broome.

The two Rootes.

1 Fennell. 2 Parseley.

The foure Pleuretick Waters.

1 Our Ladies Thistle. 2 Sowthistle. 3 Holy thistle. 4 Scabious.

The five lesse opening Rootes.

1 Grasse. 2 Sea Holly. 3 Capers. 4 Cammocke, or ground Furze. 5 Madder.

The three Stomachiall Oyles.

1 Wormwood. 2 Quinces. 3 Mastick.

The five Capillar hearbes.

Adianthus { 1 Black, or Venus haire. 2 White, or Wall Rue.

3 Golden Polytrichon. 4 Common Maidenhaire. 5 Scolopendria.

The

The foure hot Oyntments.

1 Agrippa. 2 Marſhmallowes. 3 Arragon. 4 Martiatum.

The foure cold Oyntments.

1 White Oyntment with Camphire. 2 Of Popular Buds. 3 Galens refrigerative. 4 Meſue his Roſate.

The common hot Flowers.

1 Camomill. 2 Melilot. 3 Flower-de-luce, or Lillie.

The foure Oiutments wherewith a Chirurgion

1 Baſilicon, which digeſts, and ripens. 2 Greene Oyntment of the Apoſtles to Mundifie. 3 Golden Oyntment to Incarnate. 4 The White to Cicatrize.

CHAP.

Chap. XLV.

Notes for thoſe that ſhall practiſe the compounding of Medicaments.

THoſe Sirrups that you make by infuſion of Flowers, to every pinte of Water you muſt adde foure ounces of Flowers, and theſe muſt be done in Pipkins of earth well glaſed, or in Veſſels of Pewter, or Silver, with narrow mouthes, that may be ſtopped cloſe, and not in Braſſe nor Copper. In making Sirrup of Roſes and Violets, &c. which are made with many infuſions, it will be good that the firſt infuſion be made with ſcalding water powred on them, the reſt of the infuſions with warme water. Boile your Sirrups ſoftly upon a cleere Charcoale fire, taking it from the fire when it is boiled, and with a Spoone full of holes ſcum it cleane; you ſhall know when it is boiled enough by the breath which comes out very ſtrongly at firſt, but when it is almoſt enough, the fume will ſcarce appeare at all: alſo if you take a little in a Spoone, and let it fall, if it make a thread, it is enough, elſe not; when it is almoſt cold put it in a Pot, and cover it with a Paper perforated with a Needle; and when it is quite cold cover it with a leather, and keepe it in a temperate place.

To make pulp of Dates.

1 R. Of Dates lib. i. part them in two, and pill off the white on the inſide, and the skinne all over, put away the ſtones, and cut the Dates into ſmall pieces, and put them into a Skillet, and powre on them of cleere Water lib. ſſ. let them infuſe in ſome warme place the ſpace of three daies; then take them up, and beate them into a paſte in a Marble Mortar, and pulp it through a pulping ſieve. This Pulp is uſed in Electuaries.

To prepare and correct Sene.

2 R. Of the beſt Sene lib. i. cleanſe it from the ſtalkes and naughty leaves, and to every ounce of Sene adde of fennell ſeed or Aniſeed ʒ. i. and powder them, firſt your ſeeds, and when they are well beaten, then adde your Sene, and beat them all well together, and ſearſe them in a covered ſearce; that which will not paſſe beat againe, and ſearſe it till all be finely ſearſed: this is uſed in Pilles, Electuaries, Powders, &c. and is never uſed otherwiſe then with his Correctives.

When you powder Myrrhe, or Saffron, they muſt be done by themſelves, by dropping a drop or two of Oyle Olive into the bottome of the Mortar, that it may not ſticke: the ſame way you ſhall powder Rubarb, Aloes, or Aſſa fœtida, and alſo Scamonie; but Maſtich muſt be powdered by dropping a little Roſewater into your Mortar. Before you beat Camphire you muſt grinde ii. or iii. ſweet Almonds in your Mortar; the like in beating Cinamon.

Oyles are boiled enough, when if you throw a drop in the fire, it burneth cleare, and without cracking.

Plaiſters

Plaisters are boiled enough, when if you put a drop into faire water, it runneth not abroad, but riseth whole to the top of the Vessell: those Plaisters that have Oile in them, when you make them up wet your hands in faire water, or white wine; those that have none, wet your hands in Oyle.

To wash and prepare Fats.

3 R. The cakes of Fat, and picke out the skin and bloudie Veines, and wash it in severall waters, untill the water runne from it cleere, and neither fatty nor bloudie, then cut it in pieces, and melt it in a panne with a little water; then straine it strongly through a linnen cloth, and put it in a good great pot, and when it is cold, cover it with warme water, and beate it together against the sides of the pot well; then powre away that water, and adde more: thus doe nine times, untill it hath lost the smell of Grease; then wash it in Rose water, and put it up. To prepare Marrowes you must take them out of the bones in the beginning of Autumne, and wash them, and melt them, and then use them as you did the Fats.

To make Hony of Raisons.

4 R. Raisons of the Sunne stoned lib. ii. infuse them xxiiii. houres in in lib. vi. of warme water, then boile them to the consumption of halfe, and straine it, and presse it throughly, and boile the decoction to the thickenesse of Honey; or else to lib. iii. of the decoction, adde two pound of dispumed Honey; mingle it, and boile it to the thickenesse of Honey.

Honey of Violets and Roses is thus made, R. of red

Rose buds lib. ii. of the best and purest Honey lib. vi. boile them as before.

To make dispumed Honey.

5 You shall boile Honey that hath beene clarified with the white of an Egge untill it come to the thicknesse of Honey againe, then take it from the fire, and when it is coole put it up.

Rose Vineger.

6 R. Red Rose buds almost blowne, the whites and stalkes cut away, gathered drie, and dried in the Sunne three or foure dayes lib. i. Vineger * Sextaries viii. let them soake xl. daies, then straine it, and adde other Roses; doe thus until the savour and taste please you.

* See this word in the Table of weights, and measures.

To make the decoction of flowers and fruits much used in purgations.

7 R. Drie Figs nu. v. Damaske pruines nu. xv. Iujubes, Sebesten, *ana.* nu. xx. Tamarindes ℥i. Flowers of Roses, Violets, Borage, and Bugloss *ana.* ℥i. Venus haire, Hops, Endive, *ana.* m. ss. Licoras ʒ ii. cut them, and beat them all together, and boile them in lib. iii. of Fountaine water to the consumption of the third part.

To

To make Iuice of Licoras.

8 R. The Roots of Licoras full of Iuice, and well cleanſed, and a little bruiſed, what quantity you pleaſe; macerate them three daies in Spring water, in a Veſſell wherein the water may ſtand three or foure fingers above the Licoras; after this heate them at the fire, and ſtrain them; then take the decoction, and boile it gently untill it come to the juſt conſiſtence; then make it up into what faſhion you will.

To make Aloes Roſatum.

9 R. Of the beſt Aloes cicatrine and cleere, powdered, ℥iiii. Iuice of Damaske Roſes clarified lib. i. mingle them, and put them in the Sunne, or in a *Balneo*, untill all the moiſture be exhaled; doe this foure times, make it up in a maſſe, and when you have occaſion make ſmall pilles thereof.

To make May Butter.

10 R. Freſh Butter made in May, and without ſalt, put it in a broad earthen Veſſell glaſed, and ſet it in the Sunne to melt: that which melts whileſt the Sunne is hotteſt, let runne through a thicke Cloth without preſſing, then put it againe to the Sunne; doe thus untill it be white, then put it up in pots.

To make Salt of Ceruſſe, deſcribed in my receits for Beauties.

11 R. A quantity of Ceruſſe, grinde it into very fine Powder, and infuſe lib. i. in a pottle of diſtilled Vinegar for foure or five daies, then Filter it; then ſet that you have Filtred in a glaſed Earthen veſſell over a gentle fire, untill it concrete unto Salt.

The manner to prepare Goats blood, wonderfull efficacious in Medicines for the Stone.

12 R. A young Male Kid of a reaſonable age, not too young; breed him up in the houſe with Pimpernell, Smallage, Parſeley, Fennell, Bayes, Ivy, Lovage, and all manner of hearbes that will breake the Stone, and let him eate nothing elſe: kill him in the moneth of Auguſt, when the Sun is going into the ſigne Cancer; cut his throate, and receive the blood that comes out of the Arteries, which you may know by the thickneſſe, let it congeale, and throw away the water that ſwims on the top; the reſt of the blood put into an Oven when the bread is newly drawne, and let it dry, and then powder it.

To make Metheglin.

13 Gather theſe hearbes following in the middeſt of July, and lay them to dry in the Winde; then keepe them cleane, and from moulding, untill Michaelmas, that you make your Metheglin; Saxifrage, Egrimony, Sentory, Time, browne Mints, Roſemary, Betony, *ana*, but of Saxifrage, and Egrimony, a greater quantity: boile all theſe in Water untill it looke like Malmeſey; then take it from the fire, and let it coole; then take your

your pouldſt or combes wrought as it is, and put into the Wort being blood warme, temper them well together, and let them run through a cleanſing ſieve, and skumme the Waxe off very cleane; then put in a new laid Hens Egge into the Wort, and if it beare not the Egge, put in more Combes, untill it beare it: then ſeethe it again three or foure walmes, and skumme it cleane; then take it off the fire, and when it is cold, put it into a Barrell, and when it hath worked, ſtop it up cloſe.

To make Cider.

14 Grinde your Apples, or beate them ſmall, and ſtraine them: let the Liquor ſtand a while, as you doe Wort; then tunne it up, and let not the Barrels be ſtopped untill it hath done working, and caſting out all the dregs: then ſtop it up cloſe; if you will have it compounded with Spices, you muſt boile ſuch Spices in it as you have a minde to, and then tun it as before. Perry is made after the ſame manner with Peares.

An excellent way to waſh Aloes.

15 R. Of the beſt Aloes ℥ ii. put thereto a quarter of a pinte of the Iuice of damaske Roſes, and as much of the Sirrup of Violets, two ſpoonefulls of Vinegar; then ſet it in a warme Oven after the bread is drawne, and let it ſo remaine untill it be diſſolved; then ſtraine it hard through a faire Cloth, and ſet it on faire Embers untill it be thicke like a Conſerve, ſtirring it divers times; then R. Nutmegs, Cinamon, Ginger, Cloves, Mace, Agaricke, Cubebs, *ana* one Duccate weight, and as much Rubarbe: bruiſe all theſe as you would for Ipocras, and lay them in three quarters of a pinte of very

good

good Muskadine three daies; then ſtraine it, and after beate the Spices as ſmall as you can, and grinde them with the ſaid Wine againe; then ſtraine it, and wring it out as hard as you can; then put your Wine to your Conſerved Aloes, and let it ſtand ſo long on warm Embers, till it have drunke up all the Wine, and is turned to a Conſerve againe, ſtirring it divers times; then put it in a cloſe Pot, and keepe it for an excellent purging Pill, to be taken once a weeke, the quantity of a Beane made in Pills, one houre before ſupper, it doth cure the Headache, comforteth the Stomack, and hath many good and approved operations.

To make Lute ſapientiæ, *to lute the Receivers in diſtillations, or to lute Pots in any decoction.*

16 R. Of Potters earth two parts, Horſe dung one part, a little fine powdered Bricke, and a little of the filings of Iron, quick Lime, with ſalt Water, and the yolkes of Egges; temper them very well together, and uſe it: If you wet a linnen Cloth in ſalt Water, and let it dry of it ſelfe, then wet it in the yolkes of Egges well beaten, and lay it over with a little of the former lute thin, and cover the pot: the whites of Egges with Lime is alſo good.

17 Bread

117. Bread and Honey eaten every Morning, cureth a Consumption.

To make Honey of Roses.

118 R. Of red Rose buds lib. ii. of the best Honey lib. vi. boile them according to art.

To know the vertues of hearbes in all Seasons.

Gather hearbes, and leaves in March, April, May: Flowers in May, June, July, August: Seeds in September, October, November: Rootes in December, January, February.

Preserves, and Conserves.

Chap. XL.

To preserve Cherries.

1 GAther your Cherries in the morning, and let them not be too ripe, cut off the tops of the Stalkes, and lay the Cherries in a pan upon a thin bed of Sugar; to every pound of Cherries take a pound of Sugar, and beate it very fine, and ever as the Cherries boile up, caſt Sugar on them, and ſcumme them not untill the ſcumme be ready to ſeethe over; let them boile with a quick fire, for ſo they will be the fairer: you need not feare the breaking of them, for as they coole they will cloſe againe; and ſeethe not above two pound at once, the fewer the better, and boile them rather too little then too much; being ſodden, put them into a faire diſh, and let them ſtand till the next day, and if there come any Water from them, then ſeethe them a little more; you muſt uſe a ſilver ſpoone about them which muſt be ſcoured very cleane, for if you uſe either Ladle, or knife that hath been uſed about fleſh, it will cauſe Mites to breed in your Cherries.

To preſerve Quinces.

2 Take Quinces, and wipe them cleane, and coare them into a faire platter, that you may ſave the ſeeds; then take cleare Conduit water, and put it into a faire Earthen pot that is ſomewhat broad in the bottome, that the Quinces may lie one by one; then put in your Quinces with the Kernels, and Ielly about them, but no part of the Coares, for it will make the Sirrup bitter; then ſet them on the fire, and let them ſeethe gently till the Quinces be ſoft, and breake not; then take them out, and lay them in a faire diſh, and when they are cold pare them, but let the Kernels, and the Water ſeethe a while after the Quinces are out; then take the Water, and ſtraine it cleane from the Kernels, and to every pound of Quinces put a pinte of that Water, and a pound of fine beaten Sugar, and put the Sugar into the Liquor, and ſtir it well untill the Sugar be melted; then let it ſeethe, and when it hath ſodden a while, and is ſcummed, put in your Quinces, and let them ſeethe very ſoftly a good while till they be red, for with long ſeething they will be red of themſelves; you muſt turn them often that they may be all of one colour, and when you thinke they be red enough, skin them cleane, and when they be cold, put them up.

To preſerve Damſons, Peareplums, or any other kinde of Plummes.

3 Gather your Damſons in a faire dry day, and let them not be bruiſed, but let them be ripe, or elſe they will not be well coloured; to every pound of Damſons

take a pound of fine beaten Sugar, and one ſpoonfull of Roſewater: you muſt put your Damſons in a faire great pan one by one, and not above a pound at once; then ſet them upon a Chafingdiſh and Coales, but let not your fire be too hot at firſt: then ſet on your Plummes, and caſt in as much Sugar as the Roſewater will melt, before you ſet them on the fire; and when you feele your pan warme, caſt on halfe your Sugar, and let the pan be no hotter than you can ſuffer your hand on it; for the ſpace of a quarter of an houre, you muſt not turn them untill there be as much Sirrup as will beare them up; then turne them, and caſt on the reſt of your Sugar, but you muſt not let them ſeethe when you doe turne them, becauſe then they will breake on both ſides; but let them lie in hot Sirrup a while: then turne the broken ſides downewards againe, and let them ſeethe ſoftly a little while, then may you turne them as often as you pleaſe; and let them ſeeth reaſonable faſt, till you think they be enough; if you let them ſeethe long, they will loſe their colour, and will be rough; you muſt skimme them very cleane, and when they be cold, put them up in Glaſſes, and put in foure, or five Cloves, and as many little ſlices of Cinamon of about an inch long: thus you may preſerve any Plummes, but you muſt put neither Cloves, nor Cinamon to your white Plummes.

To make Marmalade of Quinces.

4 Firſt take twelve quarts of fine running Water, and put to it ſixteene pound of Quinces well pared, and coared, and quartered into foure parts, and put to them eight pound of Sugar, and let all this ſeethe ſoftly till it be more than halfe ſodden away: let them be cloſe covered, or elſe they will not be red; when you ſee them

of a good colour, breake them with a ſpoone, and boile them till they come to Marmalade. You may diſſolve a little Muske, or a little Ambergreece in ſome Roſewater, and put into it after the boiling, to give it both a fine taſte, and ſmell: when it begins to cleave to the ſpoone, then take it from the fire, and fill your Boxes, and with a feather ſtrike it over with Roſewater.

To preſerve Grapes, Barberies, or Gooſeberries.

5 Take as much Sugar as they doe weigh, and ſomewhat more, and beate it very fine; then take your preſerving Pan, or Skillet, and lay a bed of Sugar, and a bed of Fruit, till you have laid all; then take five, or ſix ſpoonfulls of faire water, as much as will wet the bottome of the Pan, and boile them as faſt as you can untill they be cleare; then boile the Sirrup untill it will button upon the ſide of a diſh, and it is enough; then put them up in pots.

To keep Quinces raw all the yeare.

6 Take ſome of the worſt Quinces, and cut them into ſmall pieces, and boile them in water untill it bee ſtrong of the Quince: put in the boiling, to every Gallon two ſpoonfulls of Salt, as much Engliſh Honey, halfe a pinte of white Wine Vinegar; then ſtraine it, and when it is cold, put it into a woodden veſſel, and take as many of your beſt Quinces as will goe into that Liquor; then ſtop them very cloſe, that no aire get into them, and they will keep all the yeare.

To make Paste of Oranges, and Lemons.

7 Take your Oranges well coloured, boile them tender in water, shifting them sixe, or seaven times in the boiling; put into the first water a handfull of Salt: then beate them in a wooden Bowle with a wooden Pestle, straine them through a piece of Cushion Canvasse, take the weight of them in Sugar, and somewhat more; then boile it, and dry it, and fashion it as you please, and dry it in a warme Oven upon a Plate all night; on the morrow turne it.

To make Paste of Genna the true way.

8 Take Quinces, and boile them in their skins, then scrape all the pulpe from the coare, straine it through a piece of Cushion Canvasse, then take as much Sugar as the pulpe doth weigh, put to it twice so much water as will melt it, that is, halfe a pinte to every pound of Sugar: boile it to a candy height, dry the pulpe upon a Chafingdish, and Coales; then put the Sugar and the pulpe hot together, boile it with stirring untill it will lie upon a Plate even as you lay it, and run no broader; then fashion it, some like leaves, and some like letters, so set your Plate in a warme Stove, or Oven, set it upon two billets of Wood up from the hearth of the Oven all one night, in the morning turne it, and so set it in the like heate againe, and so every day turne, untill it bee dry.

To

To make Paſte of any tender Plummes.

9 Take any tender Plummes, and put them in an earthen Pot, and put your Pot into a Pot of ſeething water, and when they are diſſolved, ſtraine all the thin water from them through a faire Cloth, and ſet the Liquor by to make Quiddnie of; then ſtraine the pulpe through a piece of Canvaſſe; then take as much Sugar as the pulpe doth weigh, put to it as much water as will melt it, and boile it to a Candy height: Then boile the pulp of the Plummes very well upon the Coales, and put it, and the Sugar hot together, ſo boile them with ſtirring; then lay them upon a Pie plate, and faſhion it, and dry it as before; put ſome pulpe of Apples amongſt the the pulpe of Plummes, elſe it will be tough.

To make Marmalade of ſome of theſe Plummes.

10 There is no more difference, but in boiling it higher than your Paſte, till it come cleane from the bottome of the Skillet, then boxe it.

To make conſerve of any of theſe Fruits.

11 When you have boiled your Paſte beforeſaid, ready to faſhion upon the Plate, put it up in gally Pots, and never dry it; and that is all the difference betweene Conſerve and Paſte, and ſo you may make Conſerve of any Fruits; this is for all hard bodyed Fruits, as Quinces, Pippins, Oranges, and Lemons.

To make Conſerve of tender Fruits, or Berries.

12 Firſt diſſolve your Plummes as you did, to make your Paſte ſtraine through the Liquor Pulpe and all, and to every pinte of that take three quarters of a pound of Sugar, and ſo boile it untill it be ſomewhat thicke, that when you lay ſome of it upon a cold diſh it will run no broader; then put it up.

To Preſerve Fruits greene.

13 Take Pippins, Apricockes, Peareplummes, or Peaches, while they are green; ſcald them in hot water, and pill them; the Peaches and Apricockes, ſcrape the Furre off them, then boile them very tender, then take as much Sugar as they doe weigh, and as much water as will make a Sirrup to cover them in, then boile them ſomething leiſurely, and take them up, and boile the Sirrup untill it be ſomething thick, that it will button upon a diſh ſide; and when they are cold, put them up together.

To Preſerve theſe Plummes when they are ripe.

14 Take as much Sugar as they weigh, and put not ſo much water to them as you did to the greene, for they will yeeld Liquor of themſelves; boile them not altogether ſo leaſurely as you did the other, if you doe, the Sirrup will turne red, and ſo when you have boiled them, take them up, and pot them as aforeſaid.

To dry Pippins as cleare as Amber.

15 Take yellow Pippins, pare them, and cut them in the middeſt, and cut out the Core; then put them into a Baſon of Water; then take their weight of Sugar, clarifie it, boyle it neere to Candy height, dry your Pippins with a faire cloth, then put them into the hot Sugar, and let them boyle as faſt as you can: when they riſe up, take them off the fire, and ſcumme them: turne them, and ſet them on the fire againe, and let them boyle apace, and ſcumme them againe; ſo doe ſixe times: when the Sugar is Candy height, take out the Pippins, lay them on a board, and put them into a warme oven; within three houres you may turne them, within three dayes they will be dryed enough.

To dry Apricocks very Orient and cleare.

16 Take Apricocks which be not over ripe, take out the Stones, put them into as much clarified Sugar as will cover them; boyle them leaſurely often ſtirring them, then take them off the fire, and let them ſtand all the night in the Sirrup, the next day warme them againe in that Sirrup; when they be through hot, ſet them to draine, then take another freſh Sugar, and boyl it a little higher; boyle them in it leaſurely, and turne them now and then, and ſcumme them; ſo let them ſtand untill the next day in that Sirrup; then warme them throughly, and lay them again to dry: take the third freſh Sugar, boyle it to a Candie height, put in your Apricocks to that hot Sugar, boyle them, now and then taking them off to skumme them: your Sugar being boyled to a Candie height, take out your Apricocks, lay them upon a faire board: then put them into

a warme Oven, the next day turne them, and put them againe into an Oven, within one weeke they will be dry, and as yellow as gold.

To dry Plummes, or Cherries.

17 Gather them in the heat of the day, and prick them with a Pinne, lay them upon the bottome of a Sive, put them in an Oven after the Bread is drawne: when they beginne to wither, let not your Oven be so warme, as at the first putting them in, within one week they will be dry, then boxe them up.

To dry Peares without Sugar.

18 Take the Norwich Peares, pare them, save on the stalke, and the Peepe; pricke them with a knife, and put them in an earthen pot, and bake them in an Oven, but bake them not too soft: put them into a white Plate Panne, put dry Straw under them, and lay them into an Oven after the Bread is drawne, and every day warme the Oven to that degree of heat, as when the bread is newly drawne: within one weeke they will be dry.

To dry Peare-Plummes, or other Plummes.

19 Take Plummes, pricke them, put to them as much Sugar as will cover them, set them on the fire untill they crack a little; then take them up, and put them into fresh Sugar, added to the first Sirrup, and let them boyle higher then before; take them off the fire, now and then to skimme them, then put in your Plummes againe, and let them warme againe in that Sirrup halfe an houre; then put them into a Glasse for three or foure houres

houres in that Sugar; then warme them againe, and set them to draine; then take as much fresh Sugar, as will cover them, and boyle it to a Candy height; then put in your Plummes againe into that Sugar, and let them boyle leasurely halfe an houre, now and then turning them, for that will make them to take Sugar; take them up betweene hot and cold, lay them on a Board to dry, boxe them up.

To dry Orenges or Lemmons.

20. Raspe off their outward skinnes, cut them into halves, take out their meate, and lay them in Water three or foure dayes, then take them out of that water, and lay them into a fresh Water, and boyle them tender: shift the Water five or six times, to take away their bitternesse; when they are tender, then take them up and wipe them with a faire cloth, and put them into as much clarified Sugar as will cover them, and let them boyle leasurely two houres: take them off the fire, put them into an earthen Pipkin for foure dayes, then set them on the fire unstill they be through hot, then set them to draine, and when they are drained, take fresh Sugar, boyle it to a Candy height, then put in your Orenges to that hot Sugar, so let them boyle till they come to a Candy height, then take them out, lay them upon a Sive, and dry them in an Oven: within ten dayes they will be dry.

To dry Lettice Stalkes, Arcichocke Stalkes, or Cabbage Stalkes.

21. Take the Stalkes, pill them to the Pith, put the Pith into a strong Brine three or foure dayes; then

take them out of the Brine, boyle them in faire Water very tender, then dry them with a cloth, & put them into as much clarified Sugar as will cover them, & so preserve them, as you did your Orenges; then take them up, and set them to draine; then take another fresh Sugar, and boile it to the height of a Candy; when it commeth to a Candy height, take them out and dry them.

To Candy Barberries, Grapes, or Gooseberries,

22 After you have preserved them, as aforesaid, dip them in warme Water very suddenly to wash off the ropy Sirrup, then strew them over with sersed Sugar, as you would doe Floure upon Fish to fry, and so set them into a warme Oven, or Stove, three or foure times, and never let them be cold untill they be dry, and they will looke like a sparkling Diamond.

To dry any fruits after they are Preserved.

23 Take Pippins, Pears, or Plummes, and wash them out in warme Water from the Sirrup they are preserved in, and strew them over with searsed Sugar, as you did before; then set them in a broad earthen Panne, that they may lye one by one; then set them in a warme Oven or Stove to dry: if you will Candy them withall, you must strew on Sugar three or foure times in the drying.

To make cleere Cakes.

24 Take Plummes of any sort, but Raspices are the best, put them into a stone Iugge, & put the Iugge into a Pot of seething Water, and when they are dissolved, straine

ſtraine them thorow a faire cloth, and take to every Pint of that, a pound of Sugar, put to the Sugar as much water as will melt it, and boyle it to a Candy height; boile the Liquor likewiſe in another Panne by, then put them ſeething hot together; boile them a little together with Stirring, then put them in Glaſſes made like Marmalade boxes, and ſet them in a warme Oven or Stove, in a drying heat: let them ſtand ſo a fortnight or three weekes, and never be cold, and remove them from one place to another, while the cold places are heating, that they may not be cold: they will turne in a weeke; beware you ſet them not too hot, for that will make them tough, and ſo every day turne them untill they be dry, and they will be very well Candied without, and moiſt within.

To Candy the cleare Rocke Candy.

25 Take Spices, or Flowers, or any dry Sucket, or any Fruits after they are preſerved and dry againe; lay them upon round Wiers in an earthen Panne, the Panne being narrow at the bottome, and broad at the top, and take as much Sugar, refine or Braſill Powder: you muſt neither take Barbary Sugar nor Maderous, they are too fat; put to it as much Water as will melt it, that is, halfe a Pint to every pound, and ſomething more, and when your Sugar is melted, take the white of an Egge, and a dozen ſpoonfuls of faire Water; beat them together in a Baſen, with a Birchin Rod, till it come to a froth, then put the froth of the Egg into the hot ſirrup, ſet it on the fire againe, and when it boyles and riſeth up, drop a drop of cold Water amongſt it, then ſet it off the fire, & ſcum it; then boyle it to a Candie height, that is, when it will draw like a thred betweene your finger and your

thumbe; then poure it seething hot into your Panne amongst your fruits, set it upon a Cushion in a warme Chimney corner, and cover it close with a Blanket; on the morrow poure out all the Sirrup that will run from it, and then set your Pot in a warme place againe to dry: pricke up your Wiers, take off all the Fruits, and lay them on Papers to dry, then boxe them.

To Candy Eringet Rootes.

26 Take your Rootes new gathered, without knots, or joynts; boyle them tender in faire Water: let your Water boyle before you put them in, then pill them, slit them, and pith them, and wash them in two or three faire Waters: dry them with a faire cloth, and plat them, then take twice so much as they weigh, and refine your Sugar, and boyl them in the one halfe, till they be tender and cleare; make your Sirrup first with halfe Rosewater, and halfe faire Water: when they be cleare, make a Sirrup with the other halfe of your Sugar, and boyle your Sugar to a *Manus Christi*, that is, when it will draw as fine as the haire of your head; then put in your Rootes again, and boyle them, and shake them in a Basen till they be cold, and so lay them upon Papers untill they be dry.

To Candy Suckets, Orenges, Lemmons, Pome citrons, and Lettice Stalkes.

27 Boyle them tender in Water, and then Candy them, as you did the Rootes aforesaid.

To Candy Flowers after another faſhion uſed in Spaine.

28 Take what Flowers you will, and picke off the leaves from the Flower, and make a Sirrup of Sugar, and put in the Bloſſomes of your Flowers, as many as will goe into the Sirrup; boyle them with ſtirring untill it be turned to Sugar againe, ſet them off the fire, and with the backe of a Spoone, ſtirre them, and bruiſe the Sugar from them, and they will be Candied, and no Sugar ſeene upon them.

To make Lozenges of any of theſe Flowers.

29 Make a Sirrup of Sugar, as before, and take the bloſſomes of what Flower you will, and ſhred them on a Trencher, or beat them in a Wooden Diſh; then put in as many as will colour the Sirrup of that colour the Flowers are of, and boyle it with ſtirring, untill it will come cleane from the bottome of the Panne, and ſo thicke, that it will ſcarce drop out of your ſpoone; then poure it upon a wet board, and with a wet Knife ſpread it abroad, not very thinne; when it is almoſt cold, cut it in ſquare Lozenges like Diamonds.

To make a Marchpane, Ice it, garniſh it, and gild it.

30 Take Almonds, and blanch them out of ſeething Water, and beat them in a Stone morter; in the beating drop in a drop or two of Roſe Water to keepe them from oyling, and now and then ſtrew a handfull of ſearſed Sugar to bring it to a Paſte: when you have

brought

brought it to perfect Paſte, roll it as thinne as you will have it, and ſet an edge about it, as about a Tart; then cut Flowers, and Images to garniſh it with of the ſame Paſte; then ſet it on Wafers, and after on a double Paper, and then on a Pie Plate, and ſo put it into an Oven hot enough for Manchet, and bake it: when it is halfe baked, take it out, and with the white of an Egge, Roſe Water, and ſearſed Sugar beaten together as thick as Batter for Fritters, with a Feather Ice it, by ſpreading it over; then ſet it into the Oven againe, and when the ice is riſen, take it out, and whileſt it is hot, ſticke in your long garniſhing Comfits; and when it is cold, gild it over in this manner: beate the white of an Egge very ſhort, and with a Penſill wet thoſe places you would have gold; when it is almoſt dry, cut your Leafe gold in little pieces, and with a Feather lay it on.

To make Raſhers of Bacon.

31 Take ſome of the Marchpane, and knead it in Saunders untill it be red, then roll abroad three Rolls of the red, and foure of the white, and lay together a white and a red Roll, untill you have laid all; then cut them overthwart in thinne ſlices, and dry them, and they will looke like Bacon.

To make Makeroones.

32 Take of blanched Almonds a quarter of a pound, and three ounces of ſearſed Sugar; beate theſe in a Mortar, with a little of the white of an Egge, and Roſe water: ſo beat it untill it be a little thicker then Batter for Fritters; then lay it a ſpoonefull at once upon Wafers, and ſo bake it.

To make Naples Biſket.

33 Take Almonds, and Sugar, as you did before for Makeroones, to every quarter of a pound put one ounce of Pine apple ſeed: bake it as before, that is all the difference.

To make French Biſket.

Take halfe a pecke of Flower, foure Egges, halfe a pinte of Ale Yeſt, an ounce and a halfe of Aniſeeds, make all theſe together in a loafe with a little ſweete Creame, and a little cold water: make it in the faſhion of a Dutch loafe, ſomething long; when it is baked, and a day or two old, cut it in thin ſlices like toaſts, and ſtrewe it over with powdered Sugar, and dry it in a warme Stove: then Sugar it againe when it is dry; then dry it again, and ſo doe three or foure times, then box it.

To make Prince Biſket.

35 Take a pound of Sugar, and a pound of fine Flower: beate your Sugar very fine, then take eight Egges, take out two of the Whites, and beate all theſe together in a Bowle an houre; then take Coffins made of Tinne, and indoſſe them over with ſweet butter within: put to it halfe an ounce of Aniſeeds finely duſted, when you are ready to fill your Coffins; for if it be put in before, it will diſcolour your bread; or you may lay Wafers all within your Coffins, which is the beſt way, and ſo bake it.

To boile Sugar to a Manus Chriſti *height.*

36 Boile it untill it be almoſt Sugar againe, and at the laſt drop of your ſpoone there will a haire drop from it as fine as the haire of your head.

To boile Sugar to a Candy height.

37 Boile Sugar untill it will draw like a thred betweene your Finger, and your Thumbe.

Preſerve all your white Fruits in a Copper preſerving Pan tinned within, for any Mettall elſe will change the colour of your Fruits.

To make Marmalade of Oranges, or Lemmons.

38 Take faire Oranges or Lemmons, cut them, take out the meate, and boile them tender in faire water, ſhifting the water ſeven or eight times to take away the bitterneſſe; then take them up, and wring all the water from them, and beate them in a ſtone Mortar with the pulpe of three or foure yellow Pippins; then ſtraine it, and boile it with ſtirring untill it become thick; then take it from the fire and lay it upon white Paper, and take as much refined Sugar as that pulpe doth weigh, and put it into a Pan with as much Roſewater as will melt it; boile it to a Candy height, and then put in your pulpe into the Sugar, and boile it untill it riſe from the bottome of the Pan, ever ſtirring it; then boxe it, and put it into a Stove uncovered, and when it is dryed cover it.

Miſcellanea.

Chap. XLVII.

To make Ielly of Fleſh.

1. TAke a red Cocke, and a knuckle of Mutton, or the ſinewes, and knuckle of Veale, and a little Mutton, Raiſons of the Sun ſtoned: boile all theſe to pieces; then take it from the fire, and ſtampe the meate and all together in a Mortar, and let it run through a woollen ſtrainer; and when it hath ſtood all night, skumme off the top, and ſeaſon the reſt with Sugar, and a little Nutmeg ſliced, and a ſticke of Cinamon, and a blade of Mace: boile it up, and ſtraine it through a Ielly-bagge.

To make Harts-horne Ielly.

2. Put to foure ounces of Harts-horne, a quarte, or three pintes of Water, and infuſe it twelve houres in a Pipkin very cloſe, and when it is almoſt enough, put to it a few Cowſlip flowers, Borage, and Violet flowers, and a blade of Mace; then let it run through the ſtrainer, and ſeaſon it with Sugar, put to it the Iuice of a Lemmon, and a little Nutmeg ſliced, and boile it untill it will Ielly in a ſpoone; then put a ſprig of Roſemary a little while into it, and ſo run it through your Ielly bag.

To make the Court Jelly.

3 Take three Calves feete, water them all one night, then scald them as you would doe a Pig, and slit them, and take out the long bones; then take a young Cockerell, and dresse him, and after he hath layen one night in water, boile him and the feete together in foure pintes of white Wine, and as much faire Water, untill it be enough; then let it run through a faire strainer into a Bason, letting it stand untill it be through cold; and then take a Knife, or a Spoone, and cut or skumme off the purest from the drosse in the bottome, and put the same into a cleare Pot with three quarters of a pound of Sugar, two ounces of Cinamon scrapt, and a little bruised, one ounce of Ginger pared, and sliced, two Nutmegs sliced, and ten Cloves cut, all these being put together, set them on the fire, and boile them untill it be almost enough; then take the whites of sixe Egges, and beate them well together, and put them into your Jelly on the fire, stirring them altogether, letting them boile a good walme, and so take it off the fire, letting it stand untill the heate be well off it, and then take off the uppermost cleane, and let the rest run through a Jelly bag, with a branch of Rosemary twice or thrice, untill it be very cleare.

A remedy for the Plaxe.

4 R. The inward Rinde of an Oake sapling, boile it in the milke of a red Cow, herewith make Rice pottage, and season it with Cinamon, and some Sugar, and use to eate of it.

For

For an old Cough, or Ptiſicke.

5 R. Auripigmentum made into fine Powder ʒ i. mixe it with Wort, or the Yolke of an Egge, to the thicknesse of a Plaister, and spread it upon Coltsfoote leaves, or new Canvasse cut into small pieces, and burne them one after another upon a Chafingdish, and Coals, and receive the fume into your mouth with a Funnell.

For a Consumption.

6 Boile in running Water a legge of Veale, or Beefe, or a Capon cut in small pieces; skumme away the fat, and froth as fast as it riseth, boile it the space of an houre: then R. Parseley rootes, Fennell rootes, Tamarisse rootes, Rosemary brances, Hartstongue leaves, *ana*, nu. v. Borage m. ii. Spearemints, Sowthistle, Sorrell, Dandelion, Violet leaves, Hyssop, *ana*, m. i. cut the rootes, and stuffe your Capon with the hearbes, the residue of you hearbes binde in a bundle, and boile with your rootes in the same Earthen vessell: adde thereto a few crusts of Manchet, Raisons of the Sun lib. ss. Currans ʒ iii. whole Mace ʒ i. bound in a Cloth, Dates quartered nu. viii. boile all these together with the flesh, untill the Broth be thick, and clammy: adde more Water in the boiling, that the flesh boile not drie; then run it through a lelly bag, after that put it on the fire againe to clarifie: hereof let the Patient take foure, or five spoonfulls at a time.

To make a good Searecloth to skin, and heale.

7 R. Of Deare ſuet, and May butter *ana* lib. ſ. Waxe ℥ iii. when theſe are molten, put to them of *Lapis Calaminaris* beaten, and ſearſed; when it hath boiled a little while, take it off the fire, and let it run through a thinne Cloth; then dip your Clothes into it, and ſtroake them ſmooth; when they be cold ſleeke them.

A Medicine for the Spleene.

8 R. White Wine Vinegar, and the Gall of an Oxe *ana*, mingle them together, and ſet them on the Embers all night to infuſe: on the morrow take a blew Cloth well woaded, and wet it in the Liquor, and apply it reaſonable warme to the Spleene, and in few daies you ſhall have helpe.

For an Apoſtume in the Head.

9 R. Barley flower, and Cummin ſeeds beaten *ana*, make thereof a Cake with a little Water, and bake it; then whiles it is hot, make a hole in the top, and fill it with Treakle, and hold it to your eare that the breath may goe into your head.

For a weake Backe.

10 R. The pith of an Oxe back ℥ iii. Dates ſliced ℥ ii. boile theſe in a pinte of Muſcadine, and eate thereof in a morning.

For the ſmall Poxe.

11 When you perceive the Poxe comming out either on the Patients Breaſt or Face, make this Poſſet: R. Of Ale or Beere, which the Patient likes beſt, make a Poſſet with new Milke, and take off the Curde, and boile in the drinke one ſpoonfull of raſpt Harts horne, and as many Marigold flowers, ſixe or eight leaves of Sorrell, a little Licoras ſliced, and ſcraped, a few Figs cut in pieces: take this blood-warme, and drinke no other drinke for two or three daies untill they come out; then have a great care to keepe the Chamber warme, but not too hot in any caſe; let them eat no freſh meat (if a Feaver accompany the Poxe, untill it be paſt) nor any broth with Spice, but thinne thicken'd broth boiled with a white Cruſt; when the Feaver is paſt, and the Poxe begin to fall, let them eate Bread, and Butter, or a potcht Egge; in all this time let their Beere be warmed with a Toſte, and ſweetned with Sugar, and when they have drunke, let them eate the Toſte to cleanſe their mouth, and throate: if the Poxe be in the Eyes, then take red Roſewater, and womans Milke *ana*, and a little loafe Sugar finely beaten, every day freſh, and with a feather dreſſe them often in a day; or you may tye a little bruiſed Quince ſeed in a cloth, and ſoake it in white Roſe water, and waſh the Eyes, but not above thrice a day, leſt you feed the Poxe; neither waſh the Eyes except the Poxe be in them; deny them not drinke at any time: when the Poxe begin to look black on the heads, then mingle Parmacetæ and Oyle of ſweet Almonds together to an Ointment, and with a feather anoint the Face at night therewith being a little warmed: this will cauſe them to ſcale; then anoint the Face every night with

with the Ointment of Bacon deſcribed before in the Vnguents, and in the morning waſh your Face with water of Beane flowers; when they are quite well, it is good to give them an ounce or two of Caſſia newly drawne, in ſome Poſſet drinke, to purge them: if the Poxe come not out kindly at firſt, you ſhall give the Patient of Bezoar powdered ſmall in Poſſet drinke, according to the ſtrength and age of the Patient, from three to eight graines.

For a Fellon.

12 R. Fine Malt flower m. i. Sope as much as a Wallnut, boile them together in ſome Beere untill it be thicke; lay this to the place, and change it twice, or thrice in a day.

For buzzing in the Eares.

13 R. A clove of Garlick, pill it, and pricke three or foure holes in the midſt of it, and dip it in fine Engliſh Honey, and put it into your Eare, and ſtop your Eare with a little blacke Wooll, and lie upon the contrary ſide; thus let it reſt ſeven or eight daies.

To ſtay a Laske.

14 R. A good quantity of Burre rootes, and waſh them cleane with running Water, then ſeethe them in faire Water till halfe the Water be conſumed; when you goe to bed waſh the ſoales of you Feete herewith, and if that ſtay not enough, then waſh higher, and it will ſtay it.

For

For the Goute.

15 R. A gallon of thy owne Vrine, and a pound of Virgin waxe, and of houſeleeke lib. v. ſet thoſe on the fire together, and let them ſcald untill the Houſeleeke be tender; then bathe thy legs and feete therein thus; take a diſhfull of this decoction, and by the fire waſh thy feete with this Liquor very hot, and let the remnant of the Liquor ſtand on the fire to keepe hot; when that diſhfull is cold, put it into the hot Liquor, and take another diſhfull, and bathe as you did before; doe this for halfe an houre alwaies with hot broth; then take the reſidence in the bottome of the Pot, and lay it upon a blew Cloth that is well Woaded, either Woollen, or Linnen, and lay it to the ſoare place, and wrap it well up, and let it lie a day and a night: doe thus untill it bee whole: this will drive the paine downewards, and when it is in thy foote, lay the Plaiſter all over the Foote and Toes; if the diſeaſe be in the Hands, doe as you did to the Feete.

For Earewigges, or any Worme crept into the Head.

16 R. Of the Garlicke that is called S. *Mary* Garlicke, three or foure Cloves, ſtampe in a Mortar, and lay them in a little cleane Water a good while; then wring out the Iuice with a Cloth very hard, then put of that Liquor into the Eare, and hold that Eare upwards, and it will kill the Worme, or elſe cauſe him to come out at the Noſe.

For a Fellon.

17 R. Smallage pu. i. wheaten Leaven, black Sope, and the white of an Egge, and wheate Flower, ſtampe them together, and lay them on a Cloth to the Fellon.

For the ſtinging of a Waſpe, or Bee.

18 If the Sting ſticke in the fleſh, pull it out, and then take an Almond, and cut it over-thwart, and lay the one halfe upon the Soare, and it will ceaſe the ſwelling, and eaſe the paine.

For a Stitch in the Side.

19 R. A pretty big Diſh, fill it full of Embers, and lay thereon a handfull of Roſemary leaves; and then lay a Cloth on the Roſemary to keepe it cloſe, and ſo lay it to the grieved place as hot as can be ſuffered.

To ſtay the immoderate Fluxe of Women.

20 R. A good piece of Allome, and ſeethe it in faire Water till it be diſſolved, then take ſodden Milke, and with the ſaid decoction make a Poſſet, preſſe the Curde from the Whey, and lay the Curde to the ſecret place, and it will ſtay it.

A ſpeciall Medicine for the Goute.

21 R. A ſpoonfull of bay Salt, and as much grey Sope, and the quantity of a Wallnut of Boares greaſe, Rue, and the hearbe called Rage *ana* m.ff. beate all theſe in a Mortar untill they come to a Salve; then lay it on a Cloth to the griefe, and renew it once a day.

For the Megrim.

22 R. Of the Iuice of Seagreene, Aquavitæ, and the Gall of a Steere *ana*, put together on the fire to warme; then take a linen Cloth, and bathe your forehead therewith, and your Temples at night when you are going to bed; then dip a double linnen Cloth therein, as much as will cover the Forehead, and binde it to the Patients head all night for two, or three nights together.

To ſtay the bloody Fluxe.

23 R. A great red Onyon, take out the coare, and fill the hole full of Frankincenſe, and Engliſh Saffron *ana*: then put on the top, and ſet the Onyon in the Embers, and when it is tender, ſpread it on a linnen Cloth, and lay the one halfe to the Navill, and the other to the Fundament as hot as may be.

To cleare the Eyes when they are blood ſhotten, or ſore.

24 R. Of *Lapis Calaminaris* ℥ ſſ. Sugar Candy ℥ ſſ. white Wine ℥ i. heate the Stone almoſt red hot in a cleare fire, then beate it very fine in a cleane Mortar, and mingle it with the Wine, and ſtraine it through a linnen

Cloth; then put in the Sugar Candy very finely beaten: put this Water in a Glasse, and when you would use it, shake the Glasse that it may mingle, and so drop a drop or two into the Eye, lying upwards, Evening, and Morning, and lie so a while after. Note that this Stone must bee cleare without red spots, or else it is hurtfull.

For wilde Fire.

25 R. Olde hard Cheese, grate it, and with Honey make an Oyntment, and anoint the place till it bee whole.

For to stay the humour that flowes to the Teeth, and Eyes through the Temples.

26 R. Of Masticke, and Frankincense powdered *ana*, make a Plaister with sufficient white Wine, and the white of an Egge, and lay it to the Temples.

To give present ease to the goute.

27 R. Milke, and boile it, and with Vinegar make a Posset, and binde the Curde hot to the part.

For the Palsey.

28 R. A new Earthen pot, and fill it full of Camomill, and stop it well, and set it in another pot under ground for forty dayes; then take it up, and you shall finde Oyle therein, and anoint the place with that Oyle; if it be in thy Head, anoint thy Forehead, if the Hands, anoint thy Wrists.

To

To ſtop a Lake.

29 R. Wheaten Meale, and with the juice of Yarrow, make little Cakes, and bake them, and eate them.

Another.

30 R. Rubarbe ʒ i. grate it, and mingle it with as much Conſerve of Roſes as will make it up, hereof R. every morning ʒ ſſ. and preſently after it drinke a good draught of warme Milk well boiled, and faſt two houres after it, doe thus for three daies, then R. every night before you goe to bed halfe a dram of Diaſcordium.

For one that is blaſted.

31 R. A Hens Egge, and roaſt it hard, and put the white only into a braſſe Mortar, and put to it of Coppe-ras ʒ ii. and grinde them well together to an Ointment, and anoint the Face, and it will coole it, and allay the ſwelling, and when it is almoſt whole, anoint it with Oyntment of Popular buds deſcribed before.

To ſtop womens immoderate Fluxe.

33 R. A Hares foote, and burne it to Powder, and drinke it firſt, and laſt in ſtale Ale, till you be whole.

To provoke the monthly Viſits.

33 R. A piece of freſh Beefe, boile it in faire Water, and skumme it cleane; when it is enough take it up, and boile in the Broth theſe hearbes following, being

shred small, untill they be soft; Hartstongue, Maidenhaire, Borage, red Mints, Languebeufe, Alisander, and Water cresses, *ana*, eate these hearbes next your heart in a morning for nine daies, and lie not long in bed.

For them that cannot hold their Water.

34 R. The Pissle of a red Deare that is fallen from him, as it doth every yeare; dry the same in an Oven after the Bread is drawne; then beate it to powder, and give the Patient a little thereof in a draught of drinke blood-warme last at night, and first in the morning, and fast for three houres after it.

To stay a Laske.

35 R. A Nutmeg made in Powder, mixe it with a Yolke of an Egge in the shell, the White done away; then heate a Stone hot, and drop a little hereof upon the Stone like little Cakes, and let it bake, and eate of them morning, and evening the quantity of one Egge, and a Nutmeg at a time.

For a Cough, or Cold.

36 R. Aniseeds ℥ i. Licoras ℥ ss. of the best dry Figs nu. x. Raisons of the Sun nu. xx. bruise them small, and boile them in a quart of running Water till halfe be consumed, and give it the sicke to drinke warme morning, and evening, and fast two houres after, and it will remove the Cold from the Stomack.

For

For the running of the Reines.

37 R. Parsnips sliced thinne, and boiled in red Cowes Milke till they be all Pap, taken cold, morning, and evening; if you adde in the boiling the water of Oaken buds, it will be much better.

For any Carbuncle, Plague Sore, Botch, Boile, or Impostheame.

38 R. Bay Salt well beaten to powder, sifted, and inbarporated well with the yolke of an Egge, and applyed, and it will draw to it selfe all the Venome of the Sore, and breake any Boile, and heale it.

A singular Medicine for Bone ache, in what place soever.

39 R. Of Aquavitæ, and Oyle of Bay *ana*, mixe them well together, and warme it in a Saucer, and anoint the grieved place from the fire, and keepe it warme.

For all old Aches, and Paines in the Ioynts.

40 R. The whole Horne that a Bucke casts off, the later the better; cast away the Scalpe, and take nothing but the Horne: then cut it in pieces, and boile it in a Gallon of faire water untill it come to a pinte, or something more; then straine it, and let it stand untill it bee cold; when you use it, warme some of it in a Saucer, and anoint the grieved place by the fire, and it will cure in nine, or ten dressings.

To

To cauſe one to vpide Winde.

41 R. The cleare Iuice of red Fennell, and make Poſſet Ale therewith, and drinke it.

A good Purge.

42 R. Of Sene ʒ i. Coriander ſeed ʒ ſſ. Cinamon, Licoras, Aniſeeds, Ginger, *ana* ʒ ii. Sugar ʒ ii. beate them into powder, and ſteepe them in a quart of Ale the ſpace of foure and twenty houres, then ſtraine it, and drinke the one halfe at a time: if you will you may take the other halfe the next day.

To ſtay bleeding at the Noſe.

43 R. A linnen Cloth, and wet it in cold water, and wrap it about the Patients Cods, and it will ſtay.

For the bloody Fluxe.

44 R. As much linnen Cloth as will make a Suppoſitary, make it up into the forme of a Suppoſitary, and ſoake it well in Aqua compoſita, and put it up into the Fundament.

To ſtay womens immoderate Fluxe.

45 R. A pinte of Milke hot from the Cow, put in as much Renner as will ſerve to turne it to Cheeſe, and immediatly drinke it up: doe thus for three mornings if need be, and it will ſtay.

For

For too much Vomiting.

46 R. Of Speare Mint water ℥ iiii. put thereto of the Sirrup of Quinces ℥ ß. and ʒ ii. of Cinamon Water, and take two or three spoonfulls at a time.

For Freckles in the Face.

48 R. The blood of a Hare warme from the body, and anoint the Face therewith, and it will doe them away.

For an old Ioint sickneſſe.

49 R. Ants with their Egges, stampe them, and boile them in faire Water, and bathe the member therein.

For a Botch, Boile, or Fellon.

50 R. The curde of a Posset, and lay to it to gather the corruption together; remove it not in twelve houres: and if once laying will not serve, then doe so three, or foure times; then take quicke Lime, and quench it with faire Spring water, and mixe with it as much blacke Sope, and lay a little thereof to the Sore: when it is broken, wash it with white Wine a little warmed, and then heale it with Butter, and powder of Sugar mixed together.

To make a Iuice of Licoras to ſtay the Cough comming of Rheume, to be made in the beginning of May.

51. R. Of Licoras ʒ iiii. beate it ſmall, and ſearce it; then R. of Hyſſop m. v. or vi. of Foales foote m. iiii. Roſemary flowers m. i. ſtampe all theſe together in a Stone Mortar, and ſtraine them into a faire Baſon, with halfe a pinte of faire running Water, or Hyſſope water, put in your Powder of Licoras, and boile it, and ſtirre it untill it be as thicke as good Creame; then ſtraine it through a fine Strainer, and ſet it againe on the fire, and let it ſoethe a good ſpace after, ever ſtirring it untill it be very thicke; then put in of red Sugar Candy ʒ iii. or iiii. and boile them untill they puffe up from the bottome of the Baſon.

For a Fellon.

52 R. Raggewort, Rue, Hyſſop, *ana* pu. i. one clove of Garlicke, a little piece of ſowre Leaven, a ſpoonfull of Bay ſalt, and a piece of ruſty Bacon, beate all theſe together, and lay it to very thicke for foure and twenty houres ſpace.

For thoſe that are troubled with Rheume diſtilling downe their Throate in the night.

53 Of Cumminſeeds ʒ ii. bruiſed, Nutmegs ſliced, nu. ii. Cloves bruiſed, the ſame quantity, the yolkes of two Egges, or two Egges hard roaſted, mingle theſe together, and quilt them in a linnen bagge, and ſprinkle the ſaid bagge with very good Aquavitæ, and lay the ſaid bagge every night to the nape of your Necke.

For

For a Bruiſe.

54 R. Of the blood of a Pigge ℥ iiii. of Vinegar ʒ ii. a few crummes of browne Bread, boile all theſe together untill they be ſomething thicke, and ſo warme, lay it to the place for the ſpace of foure and twenty houres; doe thus twice, or thrice if need be.

To take away the Morphew, and other filth from the Face, and Hands, and to make a new skin.

55 R. Of white Mercury ſublimated ʒ i. Camphire ʒ ii. Lemons nu. ii. white Sugar ℈ i. faire water one pinte and a halfe, put all theſe into a Glaſſe, and ſo let it ſtand eight or ten daies, and then ſtraine it, and keepe it in a cleane Violl; and when you will uſe it, wet a cleane linnen Cloth therein, and then put it ſoftly upon the Face, or Hands where the Morphew, or Filth is, and will take it off in ſhort time.

To make the Skin ſoft, and white after the ſaid Medicine.

56 R. A black Sheepes head or two, and cut off the Hornes, and Skin, and throw them away with the Brain, and eyes; then ſeeth the Heads in faire water, and skum off the Oyle very cleane, put to this Oyle a little Roſe-water, and anoint the Face therewith, and it will make a ſmooth Skin ſoft, white, and faire.

To breed Blood, and bring a good freſh Colour in the Face.

57 R. A new Pipkin with a Cover that will hold a pinte, fill it with good olde Muſcadine, and halfe a pound of great blew Currans, and the weight of a Shilling of the beſt Rubarbe cut in ſlices, and three ſlices of Ginger: let theſe ſtand all night upon the hot Embers, and eate every morning a ſpoonefull or two of the Currans, and Sirrup.

For the Spleene.

58 R. Aſhen keyes, and the Greenewood, burne them, & make Lye of the Aſhes: after it hath ſtood three dayes cleare it; then take Barrowes greaſe, and waſh it in white Wine, and dry it, and beate it with a rowling pin: and when it is well beaten, put it into the Lye, and ſeethe the Lye, and it to an Oyle: then put into it a ſpoonefull of Doctor Stephens water, and and as much Roſe-water; beate it well together, and ſo put it up to anoint the Side downewards: if you uſe to drinke Bedward Poſſet drinke wherein the greene barke of Aſhe is boiled, it will much profit: it is alſo good to uſe Oyle of Tamariske, and Oyle of Capers to anoint the Side with it.

An approved laxative Whey for the Spleene.

59 R. Of the inner barke of the Aſhe tree, Maiden-haire, Hartſtongue, Licoras, Aniſeeds, Parceley rootes, Sene leaves, and coddes, *ana* m. i. boile them in a pottle of cleane Whey, untill almoſt the halfe be conſumed; then ſtraine it, and uſe it firſt, and laſt, every day untill you finde health, forbearing to eate or drinke the ſpace of two or three houres after; all the while you doe this, you ſhall anoint your Side with the aforeſaid Oint-ment.

To ſtanch Blood in Veine, or Artery.

60 R. Olibanum ʒ ii. Aloes Hepaticke ʒ i. haires of a Hare a little cut, whites of Egges as much as will ſerve to incorporate them, make a Stuphe of Flax, and dip it in the Medicine, and apply it cold; let it lye three, or foure dayes: then if it ſticke faſt, apply the white of an Egge, and Oyle of Roſes untill the next day.

To provoke Vomit, and to purge the Belly.

61 R. The rinde of the roote of Elder tree chopped in ſmall pieces, ſteepe it in Wine the ſpace of a night, and drinke the Wine in the morning.

For the Dropſie.

62 R. Raiſons of the Sun ſtoned lib. i. put them into a pinte of good white Wine, and ſo let them ſtand covered nine, or ten dayes; then eate thereof three or foure times a day, eight or nine at a time.

For the Ptiſicke.

63 R. The tender crops of Mallows, boile them, and butter them as a Sallet with Butter, and Vinegar, and eate them with your meate.

For women with Childe that are ſubject to Miſcarrying.

64 R. The whites of two Egges, beate them well with cleane Water, and ſup them up, when you feele any fright, or ſudden alteration.

For the Cholicke.

65 R. Of the Oyle of ſweete Almonds drawne without fire ℥ iii. mixe it with a little white Wine, and Pellitary water, and drinke it; then ſwallow a Leaden Bullet beſmeared with Quickſilver, and the Bullet comming preſently forth at his Fundament, will cure him.

For

For the Sciatica.

66 Firſt, raiſe a Bliſter, and let out the Water in it, then R. ground Ivy, and ſtampe it, and apply it to the Bliſter with a cloth ſufficiently doubled, then R. a Cat, and flea it, and put into the Belly (the garbage being taken out) twenty Snailes, ſhels and all, and ſo roaſt it, and to the dripping, put of Oyle of Spike one penny-worth, halfe an Oxe gall, Neats-foote Oyle two ſpoone-fulls. Badgers greaſe one ſpoonefull, Oyle of Turpentine two penniworth, Aquavitæ one penniworth; mixe them, and therewith anoint the grieſe, and keepe it warme.

FINIS.

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FINIS.

READER,

My abſence from the Preſſe, hath cauſed ſome faults, which I ſhall deſire thee to correct, as followeth.

In the firſt Part.

PAge 4. line 30. for were, read are, p. 6. 15. and ſtill, round as &c. p. 8. 16. it, p. 10. 3. and this is the age, &c. p. 14. 18. fronkles, p. 22. 13. and from it the bloud, &c. p. 25, 16. two, p. ibid. 17. for gale, gall. p. 30. 29. for itth, it. p. 42. 6. meninx. p. ibid. 31. glandulous. p. 43. 3. heat. p. 45. 20. *ſplenica.* p. ibid 21. *meſenterica.* p. 51. 29. digeſtive. p. 60. 22. for nerves, nearnes. p. 64. 19. for cold could, p. 70. 16 are moſt neceſſary, &c. p. 74. 6. for uceters, ureters. p. 75. 17. for phlegme, phlegmone. p. 79. 22. for fift, firſt. p. 81. 16. ſaphæna.

In the ſecond Part.

PAge 54. 6. and wheate bran as much as ſhall ſuffice, and frie it altogether, and make a plaiſter, and lay it warme, &c. p. 95. 21. for oile, all. p. 140. 20. for skin, ſcum p. 143. 6. quiddinie. p. 147. in the laſt title, artichocke. p. 149. 21. braſile powdered. p. 159. 14 chicken broth. p. 171. 14, for put, pat. p. ibid. 16. and it will take, &c.